

# Assembled Den Meeting Plan – LION (Kindergarten)

This is an **Assembled Den Meeting Plan** created by combining (1) activities from [Lion Adventures Den Meeting Resources](#) found at [Scouting.Org](#) and/or ideas from the requirements themselves into (2) the [parts of a quality Den Meeting](#)



**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Bobcat Lion

A “Character & Leadership” Adventure

**REQUIRED** (An Adventure “Required” to earn the Rank of Lion)



## Snapshot of Adventure

Designed to be the first required Adventure on the trail to earn the Lion badge of rank, Bobcat focuses on Character & Leadership, and introduces the values of Scouting to the Den. The “Den” is a key method of Cub Scouts – ideally, a group of 6 to 8 Scouts in the same grade who do things together, including fun and important Handbook Adventures.

A positive and forward first Den meeting sets the stage for a year of Cub Scouting fun.



The QR Code above takes you to [scouting.org/cub-scout-adventures/bobcat-lion/](https://scouting.org/cub-scout-adventures/bobcat-lion/) ↑

See Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

This Adventure has four key elements: (1) getting to know the Scouts, (2) bonding as a Den, (3) completing most of the Bobcat Adventure, and (4) fun. This Den Meeting Plan adapts Activity content from that [Scouting.org](#) link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. **Get to know the members of your den.**
2. **Have your Lion adult partner or den leader read the Scout Law to you. Demonstrate your understanding of being friendly.**
3. **Share with your Lion adult partner, during a den meeting or at home, a time when you have demonstrated the Cub Scout motto “Do Your Best.”**
4. **At home, with your parent or legal guardian do the activities in the booklet “[How to Protect Your Children from Child Abuse: A Parent’s Guide.](#)”**

# Meeting Plan

**Does this take one Meeting to complete – or more?** It's up to the Parents / Leaders! As written, you can do this in a single 60-minute session, but doing a plan, design and creation of a Den Flag or Doodle would be a good second meeting activity to build more identity of "Belonging to **this** Den" and getting to know each other!

**PREPARATION (and materials needed):** Read the Bobcat Lion Adventure in the Lion Handbook.

- Copies of this Meeting Plan for Parents
- Your Pack's schedule of upcoming Fun Activities
- U.S. flag (or picture of a flag), if you want to do a flag ceremony.
- Paper or poster to write the Den's "Code of Conduct" (using a classroom whiteboard works fine too)
- If you have one, wear your adult uniform or Pack T Shirt (if you have one) to all meetings, consistent with Pack practice
- Also bring these materials if you do ...
  - *the Den History Book (optional Activity 6 below):* sheets of paper, pencils, crayons, and/or markers.
  - *the Balloon Stomp Battle Royale game (optional Activity 7 below):* balloons, string
  - *a different activity from [scouting.org/programs/cub-scouts/adventures/](https://scouting.org/programs/cub-scouts/adventures/):* the materials called out in the Activity Card in the Bobcat Adventure for the Rank found through that link.

**More Tips in  
this Bobcat  
Resource Page**



## **A Tip About Den Meetings for Kindergarten Kids:**

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they'll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is "A Game with a Purpose", maybe Lion Dens are "A Play Date with a Purpose" – and there's nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners as hosts.



**GATHERING:** A "gathering" activity is to keep Scouts occupied as members of the den arrives. *What you do will depend on your location and leadership resources.*

- If you're at a playground, field or gym, gathering activity will be easy. If not, maybe puzzles or coloring.
  - If the den desires, serve a healthy snack during this time.
  - If you do serve a snack, offer fruits or vegetables to set an example of healthy eating.
  - Be aware of any food allergies in the den and communicate these to assisting adult partners.
- Welcome parents too. Encourage them to stay and participate ... it will mean a lot to their Scouts.
  - Hand out this meeting plan to each and assign each parent to a meeting role.
  - Point out to the parents the Family Talent Survey at the end of this plan, asking them to complete it and return it to you today. Feel free to chat with parents about interests, abilities, hobbies, jobs.
  - Explain to parents that a den meeting is a series of short activities – we can each take on a part.

**OPENING: (Part of Requirement 2: "Have your Lion adult partner or den leader read the Scout Law to you.")**  
(**Den Leader Tip:** Recruit different Parents to lead parts of this) An Opening ceremony says, "we've begun" and helps set the tone.

- Display a U.S. flag and recite the **Pledge of Allegiance.** (Parent leader: \_\_\_\_\_)
- Recite the **Scout Law.** (Parent leader: \_\_\_\_\_)

The Scout Law is "A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent."

The Parent Leader can say “we’re going to repeat the Scout Law, and since this is our first meeting, let’s do this as a **‘repeat after me’** – I’ll say a phrase or word, and you guys repeat it back.”

<b>(Leader goes first)</b>	<b>(Scouts and Parents respond)</b>
A Scout is	(... A Scout is)
Trustworthy	(... Trustworthy)
Loyal	(... Loyal)
Helpful	(... Helpful)
Friendly	(... Friendly)
Courteous	(... Courteous)
Kind	(... Kind)
Obedient	(... Obedient)
Cheerful	(... Cheerful)
Thrifty	(... Thrifty)
Brave	(... Brave)
Clean	(... Clean)
and Reverent	(... and Reverent)

**ACTIVITIES** (See also other Activities linked at [Adventure Resources](#) – use those if you like them):

◆ **Activity 1: Pleased to Meet You (Requirement 1: “Get to know the members of your den.”)** (Parent leader: \_\_\_\_\_)

- Have each Scout (and attending parent) introduce themselves and tell something about themselves.
- Discuss what a den is and how it fits in with a pack.
- Discuss a den name: “we may have a Den Number, but ... is that enough for our Den?” Let the Cubs pick a (not offensive) name they all agree on, by their rules, with your oversight. [You might finish next time.]
  - Roaring Lions? Loud? Mighty? Magnificent? Fierce? Ferocious? Cuddly? Royal? Wild? Hungry?



◆ **Activity 2: Fun Things We’ll Do (and Code of Conduct)** (Den Leader Tip: Recruit a Parent to jump in and lead the “Code of Conduct” chat once kids start talking over each other ... it will happen! Use the attached Code of Conduct as a reference) (Not a Requirement for Lions, but a useful activity to work with the Den!)




- As a transition out of “talk time,” talk about upcoming fun Pack activities scheduled, or that might be scheduled if we get parents to help out, events like camping, hiking, biking, swimming (use events you know you plan to do), with highlights on ones that could come soon.
  - Ask the Scouts what they would like about these. Like campfires or cooking marshmallows over a fire.
- The Scouts will start “talking over each other” which will be ... chaos.
  - Let it happen for a bit ... but then ...
- ... (Parent Code of Conduct leader: \_\_\_\_\_) interrupt and say, “wait a second ... if we’re going to be a Den together ... **don’t we need to have some rules about how we act when we’re together?**”
  - Some Scouts will probably have immediate suggestions ... like “one person talks at a time”.
  - List your rules on a poster or paper or classroom chalkboard/whiteboard. [Parent/Leaders: use the attached Code of Conduct for ideas, and to ask questions to lead them to other points.]
- Then, after the Code of Conduct is done ... Den Leader or another parent can step back in:
  - Congratulations on an impressive set of Rules ... You guys did a great job!

◆ **Activity 3: Scout Law (Rest of Requirement 2: “...Demonstrate your understanding of being friendly.”)**

(Parent leader: \_\_\_\_\_)

- We just said the Scout Law in our Opening Ceremony (A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent).
  - Let’s share with each other about what friendly means.
  - Who is friendly to you? How are you friendly to others?

◆ **Activity 4: Cub Scout Sign + Shake + Salute** (NOTE: not a requirement, but the Sign and Salute will be used a lot, and the handshake may be useful too) (Den Leader Tip: Recruit Parents to Lead – maybe set up “stations” for Scouts to rotate to for each element) (This is not a Requirement for Lions, but the sign is useful, the handshake is fun at team building, and the salute will be used in flag ceremonies and more.)

<b>Demonstrate the Cub Scout sign. Show how it is used.</b> (Parent leader: _____)	Make the sign with your right hand – two fingers in a “V”.  Hold your arm straight up.  The sign means it is time to be quiet and listen. <i>The fingers look like the sharp ears of the wolf ready to listen!</i>	
<b>Demonstrate the Cub Scout handshake. Show how it is used.</b> (Parent leader: _____)	When you shake hands with another Cub Scout, do this: Hold out your right hand just as you always do to shake hands.  But then put your first two fingers along the inside of the other scout’s wrist.	
<b>Demonstrate the Cub Scout salute. Show how it is used.</b> (Parent leader: _____)	Salute with your right hand. Hold your first two fingers close together. Touch your fingertips to your cap. If you aren’t wearing a cap, touch your right eyebrow.	

◆ **Activity 5: Cub Scout Motto: “Do Your Best!” (Requirement 3: “Share with your Lion adult partner, during a den meeting or at home, a time when you have demonstrated the Cub Scout motto ‘Do Your Best.’”)** (Parent leader: \_\_\_\_\_)

- Gather the Den and any parents in a circle to discuss the Cub Scout motto: “Do Your Best.”
- Review: a motto is a guiding principle and a rule for living. Do Your Best means trying your hardest, not just a little bit. Do your best all the time... in school and at home... when you play a game and help your team. Do your best as you work on your adventures!
- Sharing: Let each Scout share a time when they did their best. Parents can participate too.
  - Feel free to let the adult partners pair off with their Scouts.

◆ **Activity 6: [OPTION: Den History Book** [This is just a “getting to know you” optional activity that you might do *if you like it.* ] (Parent leader: \_\_\_\_\_): Since we’re going to be together as a Den in Cub Scouts, let’s be sure to keep track of our history – let’s keep a Den History Book!

- To start the Den History Book, let’s start with who is in our Den ... each Scout gets to create their own “history page” to tell us who they are so we can get to know everyone.
- Distribute sheets of paper for the scrapbook pages, plus pencils, crayons and/or markers
  - Encourage Scouts to complete a history page with names of Family Members, Pets, Favorite Places, Things to Eat, maybe have the Scouts draw pictures of some or all of these.



- Encourage drawing pictures too. This helps you get to know the Scouts and their families.
- Collect all and return to this if you go forward with a Den History.

◆ **Activity 7: [OPTION: Balloon Stomp Battle Royale!!** [This is just for fun – because Cub Scouts should be fun!]

(Parent leader: \_\_\_\_\_): Let's play "Balloon Stomp Battle Royale".

Here's how we'll play this:

Materials Needed: balloons, string cut into @18-24 inch lengths.

Help Scouts blow up their balloons, tie the end of the balloon off, and then tie one end of their string to the balloon and the other to their ankle.

In a defined space (the "Balloon Stomp Arena"), arrange Scouts in a circle with their balloons tied to their ankles.

- On a signal, players try to stop and break the other balloons.
- When a balloon is broken, that player leaves the game.
- The game continues until just one player is left.

For maximum fun, **repeat in a game with just the parents/adults! Scouts will find it hilarious!**



**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- Remind all that to complete the Bobcat Adventure they need to do the Requirement 4: **"At home, with your parent or legal guardian do the activities in the booklet 'How to Protect Your Children from Child Abuse: A Parent's Guide.'"** Confirm that when this is complete, Lions will receive their Bobcat Adventure Loop.
- **[OPTIONAL (if it's your plan):** Maybe highlight that in a future gathering we can also make a den flag or "den doodle" to reflect who we are as a Den and to carry with us as we do our Cub Scout activities.]
- Maybe end with a "Living Circle" ceremony and recital of the Scout Oath, Law or Cub Scout Motto.

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that's what you like. and:

- Thank the Parents again, one on one. Meet Parents who are picking up their Scouts.
- Follow up with parents/guardians by email/text that they need to do that final Requirement at home, and how to report completion of that Requirement. For your email or text to parents, remind that a copy of the Parent's Guide can also be found at [www.scouting.org/filestore/pdf/100-014\\_WEB.pdf](http://www.scouting.org/filestore/pdf/100-014_WEB.pdf)
- Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

## Code of Conduct Discussion Tips.

A code of conduct is a list of behavioral expectations and consequences if the code is broken.

Scouts, with the den leader's guidance, usually create it themselves.

- Three or four points will be sufficient, and they should be positive; the words no or don't have no place in a code of conduct. Include a final rule such as "Have fun!"
- Also consider including the 3 R's: Respect for others, Responsibility for yourself and your things, and Reasonable behavior.
- You might have Scouts sign the code of conduct and it should be displayed at every den meeting.
- Using the 12 points of the Scout Law can serve as a strong foundation for a code of conduct, and also reinforce the values of Scouting.

### IDEAS you might use for a Den "Code of Conduct" (How we'll treat each other in our Den)

*Don't hand these Ideas out or tell them "This is our Code" – but **use them as a discussion guide** to help the scouts come up with their rules. Rules work better if the **Scouts** agree and believe **they** had the idea!*

Respect others in the Den – fellow Scouts, Leaders, Parents and Guests.

- Help others, be helpful, friendly, courteous and kind!

Stay in Control of Yourself:

- Use good, appropriate, and positive manners.
- Listen when someone else is speaking. Do not interrupt.
- Raise your hand when you want to say something. Wait to be recognized before you speak.
- Respect the space of others. That includes no touching or bothering!

The Cub Scout sign means: *Everyone be quiet now.*

- When you see the sign go up, just be quiet and put the Cub Scout sign up.

Stay in the meeting space unless you have permission from the Den leader to go elsewhere.

- Walk –don't run – in the building (unless we are doing an activity letting you run).

Keep the Meeting Space Clean!

- Keep the room clean during the meeting and after the meeting.
- Everyone helps leave the meeting room better than we found it.

Let's all follow the 12 points of the Scout Law!

Everyone Has Fun! Parents and Family Too!

*The Code of Conduct may be written on a poster to display where you meet.*

*But: **do not post your consequences**, because posting the penalties puts a focus on unruly behavior*

*(You might **announce** consequences as First Time: Verbal Warning; Second Time: 5 Minutes "Time Out" from Meeting Activity; Third Time: Parents Notified and may need to leave the meeting too).*

**ADVENTURE RESOURCES:** Den Meeting Resources and "Activity Card" options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/bobcat-lion/>. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says, "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

**1. Get to know the members of your den.**

- [Den Doodle Lion](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [Den Flag Lion](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [Hand Puppet Introductions](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [Lions Talk and Lions Listen](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [The Wigalo Song](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)

**2. Have your Lion adult partner or den leader read the Scout Law to you. Demonstrate your understanding of being friendly.**

- [Friendship Zipper Pull](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [The Colorful Scout Law](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [The Compliment Game](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)

**3. Share with your Lion adult partner, during a den meeting or at home, a time when you have demonstrated the Cub Scout motto "Do Your Best."**

- [When Am I Doing My Best?](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)

**4. At home, with your parent or legal guardian do the activities in the booklet "[How to Protect Your Children from Child Abuse: A Parent's Guide.](#)"**

- [Child Abuse Protection Review Lion](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)



# Cub Scout Pack Skill Survey

*"What Can **You** Share?"*

In our Pack, **"Every Parent Helps!"**



**Welcome to our Cub Scout Pack!** Cub Scouting is all about "Fun, Family + Friends" – that means for adult family members as well as youth. Every Adult can help their Den (a small group in a single grade level, ideally 6 to 8 Scouts) and Pack (all of the Scouts in all of the Dens from K through 5<sup>th</sup> Grade) – everyone has a skill or interest or Super Power to share!

Please share your talents and interests so that we can work together to provide the strongest program for our children. **Your child and their friends will appreciate whatever you can do!**

1. A topic I would help lead or teach youth is (*check all that apply* – and we can share plans + ideas):

- |   |   |  |   |
|---|---|--|---|
| <input type="checkbox"/> Outdoors / Walks     | <input type="checkbox"/> Cycling            | <input type="checkbox"/> Arts + Crafts     | <input type="checkbox"/> Archery              |
| <input type="checkbox"/> Personal Fitness     | <input type="checkbox"/> Fishing            | <input type="checkbox"/> Math              | <input type="checkbox"/> Slingshots           |
| <input type="checkbox"/> Citizenship          | <input type="checkbox"/> Swimming / Boating | <input type="checkbox"/> Music / Theatre   | <input type="checkbox"/> BB Guns              |
| <input type="checkbox"/> Character/Leadership | <input type="checkbox"/> Camping            | <input type="checkbox"/> Maps and Compass  | <input type="checkbox"/> Knife Safety and Use |
| <input type="checkbox"/> Personal Safety      | <input type="checkbox"/> Conservation       | <input type="checkbox"/> Nature            | <input type="checkbox"/> Carpentry            |
| <input type="checkbox"/> Family/Reverence     | <input type="checkbox"/> Pinewood Derby     | <input type="checkbox"/> Gardening         | <input type="checkbox"/> Yoyos                |
| <input type="checkbox"/> First Aid            | <input type="checkbox"/> Science            | <input type="checkbox"/> Cooking/Nutrition | <input type="checkbox"/> Video Games          |
| <input type="checkbox"/> Games                | <input type="checkbox"/> Tech / Computers   | <input type="checkbox"/> Flying Things     | <input type="checkbox"/> Geocaching           |
| <input type="checkbox"/> Sports: _____        | <input type="checkbox"/> Engineering        | <input type="checkbox"/> Marbles Games     | <input type="checkbox"/> Skateboards/Scooters |
| <input type="checkbox"/> Service Projects     | <input type="checkbox"/> Math               | <input type="checkbox"/> Pets              | <input type="checkbox"/> Summer Fun           |
| <input type="checkbox"/> Disability Awareness | <input type="checkbox"/> Movie Making       | <input type="checkbox"/> Magic             | <input type="checkbox"/> Field Trips: _____   |

2. My job, business, or profession might be of interest to Cub Scouts: \_\_\_\_\_

3. I am willing to help my child and their Den and Pack in these ways (*check all that apply*):

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> Helping to Welcome<br>Other Families | <input type="checkbox"/> Den Leader or Co-<br>Leader or Assistant | <input type="checkbox"/> Assistant Cubmaster             | <input type="checkbox"/> Assistant Treasurer           |
| <input type="checkbox"/> Pack + Den<br>Communications         | <input type="checkbox"/> Planning Activities                      | <input type="checkbox"/> Campout Planning and<br>Cooking | <input type="checkbox"/> Blue + Gold Awards<br>Banquet |
| <input type="checkbox"/> Pack Social Media                    | <input type="checkbox"/> Pinewood Derby                           | <input type="checkbox"/> Planning Activities             | <input type="checkbox"/> Party Planning                |
|   | <input type="checkbox"/> Field Trip Leader                        | <input type="checkbox"/> School Relations                | <input type="checkbox"/> Award Presentations           |

4. My Scouting experience (note: experience is not necessary to help on the leader team):

- |                                     |                                    |                                    |                                       |
|-------------------------------------|------------------------------------|------------------------------------|---------------------------------------|
| <input type="checkbox"/> Girl Scout | <input type="checkbox"/> Cub Scout | <input type="checkbox"/> Boy Scout | <input type="checkbox"/> Adult Leader |
| Highest Rank: _____                 | Highest Rank: _____                | Highest Rank: _____                | Role(s): _____                        |

5. Three Places we'd like to go: \_\_\_\_\_

Adult Name: \_\_\_\_\_ Youth Name : \_\_\_\_\_

E-Mail Address: \_\_\_\_\_@\_\_\_\_\_ Best Phone No.: \_\_\_\_\_



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This is an **Assembled Den Meeting Plan** created by combining (1) activities from [Lion Adventures Den Meeting Resources](#) found at Scouting.Org and/or ideas from the requirements themselves into (2) the [parts of a quality Den Meeting](#)



**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Mountain Lion

An “Outdoors” Adventure

**REQUIRED** (An Adventure “Required” to earn the Rank of Lion)



## Snapshot of Adventure

Lions and adult partners will take a walk to explore the outdoors. And learn what to bring when they are walking in the outdoors.

Along the way, they will see and identify things that are natural and things that are man-made. And learn what to do if they become separated from their group outside.



The QR Code above takes you to [scouting.org/cub-scout-adventures/mountain-lion/](https://scouting.org/cub-scout-adventures/mountain-lion/) ↑

See [Adventure Resources](#) at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. **Identify the Cub Scout Six Essentials. Show what you do with each item.**
2. **With your den, pack, or family, take a walk outside spending for at least 20 minutes exploring the outdoors with your Cub Scout Six Essentials. While outside, identify things that you see with your Lion adult partner that are natural and things that are manmade.**
3. **Discover what S.A.W. means.**
4. **Identify common animals that are found where you live. Separate those animals into domesticated and wild.**

# Meeting Plan

**Does this take one Meeting to complete?** Easily “one and done”. Want more walking? It’s up to the Parents and Leaders and Scouts if you want to Scout out more places at another Den Meeting.

**PREPARATION (and materials needed):** Read the Mountain Lion Adventure in the Lion Handbook.

- Decide whether you like any “Activity Card” options for the Requirements or the suggested activities below or some other way to deliver this Adventure. When you decide, check the materials + supplies needed.
- Determine where the outdoor walk will take place. This can be in an urban, suburban, or rural setting. This can be where your den typically meets. Bonus if you’re likely to see animals.
  - Share plans for the walk with families — location, gear list, food arrangements, etc.
  - Maybe a Map! But you don’t need to walk any number of “miles” ... this is an Adventure to “explore”, even if you’re just walking around the block or around the circumference of your schoolyard.
  - It’s a good idea to solicit helpers for parts of the adventure – let other parents lead topics as you walk.
- Cub Scout Six Essentials (first-aid kit, filled water bottle, flashlight, trail food, sun protection, and whistle)
  - Suggest that Scouts and families may be able to minimize cost by gathering items from home rather than purchasing everything new.
- Suggest that families bring their own trail food items: could include raisins, chocolate-coated candies, nuts (check for allergies among Scouts), dried fruit, marshmallows, etc.
  - You might bring plastic sandwich bags to let the Scouts make their own trail mix.

## A Tip About Den Meetings for Kindergarten Kids:

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they’ll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is “A Game with a Purpose”, maybe Lion Dens are “A Play Date with a Purpose” – and there’s nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners as hosts.



**GATHERING:** A “gathering” activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and “share the leader load”: everyone can help with something! A good approach is for different parents (or teams) to share the “lead” of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, “we’ve begun” and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at [Adventure Resources](#) – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some “talk time” where you (1) discuss today’s Adventure activities (what you’ll do, how you’ll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share “what’s new” with them and get to know each other better.

◆ **Activity 1: Six Essentials for an Outdoor Walk (Requirement 1: “Identify the Cub Scout Six Essentials. Show what you do with each item.”)** (Parent leader: \_\_\_\_\_)

- Show and Tell (about the) Cub Scout Six Essentials (for more, see: <https://vimeo.com/498051015>):

- **First-aid kit:** adhesive bandages, moleskin, gauze, antibiotic ointment, etc.
- **Water bottle:** filled and large enough to last until it can be filled again.
- **Trail food:** can be made as a den activity prior to a walk or hike or campout.
- **Sun protection:** sunscreen of SPF 30 or greater and a hat
- **Flashlight:** small, for emergency use only
- **Whistle:** also for emergency use only



- Emphasize the importance of bringing water with them for the following reasons:
  - Water will hydrate them. They cannot rely on the water along the trail because it may not be safe to drink. Natural streams and rivers may have harmful bacteria or germs in them.
- **OPTION:** if you like this, you can play a game from the [Adventure Resources](#) at the end of this Plan ([Charades](#) or ["Kim's Game"](#)) or this simple Cub Scout Six Essentials game.
  - Divide the den into two groups. Maybe Scouts against Adults!
  - Have each group line up 20 feet from a space containing at least two sets of the Six Essentials, well as some other items that are not on the list of essentials and that may be ridiculous (like a hair dryer).
  - On "Go," each team sends the first runner to the table. The Scout selects an item the Scout thinks is one of the Six Essentials and returns to the team, tagging the next Scout in line.
  - Play continues until one team has assembled the correct Cub Scout Six Essentials.

◆ **Activity 2: Walk On! (Requirement 2:** *"With your den, pack, or family, take a walk outside spending for at least 20 minutes exploring the outdoors with your Cub Scout Six Essentials. While outside, identify things that you see with your Lion adult partner that are natural and things that are manmade."*) (Parent leader: \_\_\_\_\_)

- A walk is fun. But challenge the Scouts to be observant: have them call out what natural things they see on the walk and what manmade things they see on the walk.
- For more fun, do a full-fledged "Scavenger Hunt". See the [Adventure Resources](#) for a link to one.

◆ **Activity 3: S.A.W.: Stay Answer Whistle (Requirement 3:** *"Discover what S.A.W. means."*) (Parent leader: \_\_\_\_\_)

- In the event a Lion is separated from the group during an outing, the Lion needs to know how to stay safe. Help Lions learn "SAW," and have them practice so they commit it to memory.

**S** = STAY put! If you move around, you make it harder for people to find you.

**A** = If you hear your name being called, ANSWER!

**W** = Blow your WHISTLE. If you try to use your voice to call for help, you will become hoarse and no one will be able to hear you. But they can hear your whistle. Blow every so often.



- Once you have explained SAW (Stay Answer Whistle), demonstrate the three SAW principles.
  - Then have all of the Lions practice SAW.

◆ **Activity 4: Lions ... and Other Animals (Requirement 4:** *"Identify common animals that are found where you live. Separate those animals into domesticated and wild."*) (Parent leader: \_\_\_\_\_)

- Ideally while on your walk, have the Scouts call out what animals they see on the walk.
  - Birds, squirrels, fish and more ... and insects and spiders and worms and the like are types of animal.
  - Dogs + Cats? You bet. Don't see any? Let Scouts share what wild and domestic animals they've seen.

**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a “Living Circle”.

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that’s what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack’s tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and “Activity Card” options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/mountain-lion/>. Those resources include the Snapshot of Adventure (included above), a “Safety Moment” of tips and links about doing this safely, and, for each Requirement, one or more “Activity Cards” you can click on for an activity to complete the Requirement.

Those “Activity Card” pages are linked below – along with the “Key” scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How “Supply Intensive”; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being “most”. Note that while that website page says “Choose one of the following” before the “Activity Cards”, what that means is “Choose one of the following – *or do some other activity that will meet the Requirement*”, because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what’s below or other ways to complete the requirement in easier ways.

**1. Identify the Cub Scout Six Essentials. Show what you do with each item.**

- [Guess the Cub Scout Six Essential](#) (Indoor; 3 of 5 Energy; 5 of 5 Supplies; 2 of 5 Prep Time)
- [Kim’s Game Cub Scout Six Essentials](#) (Indoor; 2 of 5 Energy; 5 of 5 Supplies; 3 of 5 Prep Time)

**2. With your den, pack, or family, take a walk outside spending for at least 20 minutes exploring the outdoors with your Cub Scout Six Essentials. While outside, identify things that you see with your Lion adult partner that are natural and things that are manmade.**

- [A Different Point of View](#) (Outdoor; 3 of 5 Energy; 3 of 5 Supplies; 4 of 5 Prep Time)
- [I Spy Something Natural](#) (Outdoor; 3 of 5 Energy; 3 of 5 Supplies; 4 of 5 Prep Time)
- [Outdoor Scavenger Hunt Lion](#) (Outdoor; 3 of 5 Energy; 3 of 5 Supplies; 4 of 5 Prep Time)

**3. Discover what S.A.W. means.**

- [Does My Whistle Work?](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 1 of 5 Prep Time)
- [Reverse Hide and Seek](#) (Outdoor; 4 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [S.A.W. Maze](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)

**4. Identify common animals that are found where you live. Separate those animals into domesticated and wild.**

- [Animal Craft](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 2 of 5 Prep Time)
- [Visit to Animal Rescue](#) (Travel; 3 of 5 Energy; 1 of 5 Supplies; 5 of 5 Prep Time)
- [Wild or Domestic](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)

# Assembled Den Meeting Plan – LION (Kindergarten)

This is an **Assembled Den Meeting Plan** created by combining (1) activities from [Lion Adventures Den Meeting Resources](#) found at [Scouting.Org](#) and/or ideas from the requirements themselves into (2) the [parts of a quality Den Meeting](#)



**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Fun on the Run

A “Personal Fitness” Adventure

**REQUIRED** (An Adventure “Required” to earn the Rank of Lion)



## Snapshot of Adventure

In this Adventure, Lions will explore the different food groups, have fun being active, and the importance of rest.

If you see a picture of a lion with a big, full, and bright mane, you know that the lion is both strong and healthy.

Eating well and getting rest and exercise will help the Lion stay strong and healthy as well.



The QR Code above takes you to [scouting.org/cub-scout-adventures/fun-on-the-run/](https://scouting.org/cub-scout-adventures/fun-on-the-run/) ↑

See [Adventure Resources](#) at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. Identify the five different food groups.
2. Practice hand washing. Point out when you should wash your hands.
3. Be active for 20 minutes.
4. Practice methods that help you rest.

## Meeting Plan

**Does this take one Meeting to complete?** Easy to do as “One and Done”. But more games is fun!



**PREPARATION (and materials needed):** Read the Fun On The Run Adventure in the Lion Handbook.

- Decide whether you like any “Activity Card” options for the Requirements or the suggested activities below or some other way to deliver this Adventure. When you decide, check the materials + supplies needed.
- Key Advance Decisions are: how to do the food part and what kinds of group activities.
  - For Activity 1 (Requirement 1, or “*Identify the five different food groups*”), you could talk or show pictures (like what we have below), or you might bring, share and eat some of each.
    - Don’t forget plates, napkins and serving tools (toothpicks work), and a knife for you to slice foods.
  - For Activity 3 (Requirement 3, or “*Be active for 20 minutes*”), pick what activity you’ll do. Could be dance, hula hoop, soccer, kickball, catch, jump rope, disc ... or what you like.
    - And if the activity needs gear ... bring it.
  - The Relaxing Activity (Requirement 4, or “*Practice methods that help you rest*”) could be done with no additional materials, but might be good with a music player.

**A Tip About Den Meetings for Kindergarten Kids:**

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they’ll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is “*A Game with a Purpose*”, maybe Lion Dens are “*A Play Date with a Purpose*” – and there’s nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners can host.



**GATHERING:** A “gathering” activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and “share the leader load”: everyone can help with something! A good approach is for different parents (or teams) to share the “lead” of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, “we’ve begun” and helps set the tone.

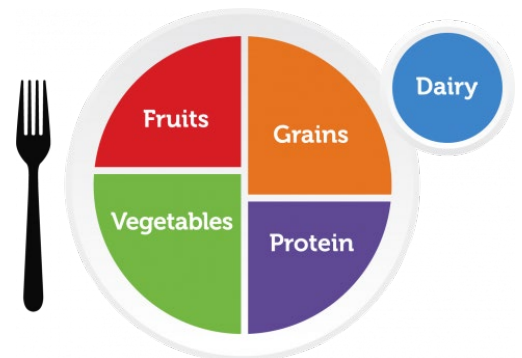
- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at [Adventure Resources](#) – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some “talk time” where you (1) discuss today’s Adventure activities (what you’ll do, how you’ll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share “what’s new” with them and get to know each other better.

◆ **Activity 1: Five Food Groups (Requirement 1: “*Identify the five different food groups.*”)** (Parent leader: \_\_\_\_\_)

- Good: quality discussion about Fruits, Vegetables, Grains, Protein, Dairy.
  - Parents: You’ve Had This Talk Already!
- Better: discussion plus bring pictures of items from each food group.
- Best: bring actual examples of Fruits, Vegetables, Grains, Protein, Dairy.
- Even Better: **share Fruits, Vegetables, Grains, Protein, Dairy to eat!**



## THE FIVE FOOD GROUPS



### ◆ Activity 2: Wash Your Hands! (Requirement 2: "Practice hand washing. Point out when you should wash your hands.") (Parent leader: \_\_\_\_\_)

Notes about when you should wash your hands:

- Before and after preparing food or eating
- After using the toilet
- After sneezing, coughing or using a tissue
- After touching an animal or animal waste
- After handling shared objects
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After touching garbage



### ◆ Activity 3: Get Active! (Requirement 3: "Be active for 20 minutes.") (Parent leader: \_\_\_\_\_)

- As noted above, your activity could be from the [Adventure Resources](#) which has tips for [Dance](#), [Freeze Tag](#), and ["Lion Says"](#), but the den might want to do something different, like kickball, soccer, frisbee, basketball, baseball, jump rope, obstacle course, badminton, pickleball, or others.



- Whatever you do, be sure you have the gear to do it plus necessary safety gear (biking? Helmets!) and if your Scouts need instruction, be ready to provide!

◆ **Activity 4: Relax (Requirement 4: “Practice methods that help you rest.”)** (Parent leader: \_\_\_\_\_)

- As noted above, your activity could be from the [Adventure Resources](#) which has tips for relaxing by listening to [Music](#). But it could be lie on your back in the grass and watch the clouds.

**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a [“Living Circle”](#).

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that’s what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack’s tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and “Activity Card” options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/fun-on-the-run/>. Those resources include the Snapshot of Adventure (included above), a “Safety Moment” of tips and links about doing this safely, and, for each Requirement, one or more “Activity Cards” you can click on for an activity to complete the Requirement.

Those “Activity Card” pages are linked below – along with the “Key” scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How “Supply Intensive”; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being “most”. Note that while that website page says “Choose one of the following” before the “Activity Cards”, what that means is “Choose one of the following – *or do some other activity that will meet the Requirement*”, because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what’s below or other ways to complete the requirement in easier ways.

**1. Identify the five different food groups.**

- [Snack Time](#) (Indoor; 2 of 5 Energy; 4 of 5 Supplies; 5 of 5 Prep Time)
- [That Food is in the Wrong Group](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [What Food Group Do I Belong To?](#) (Indoor; 4 of 5 Energy; 4 of 5 Supplies; 3 of 5 Prep Time)

**2. Practice hand washing. Point out when you should wash your hands.**

- [Bubbles Good Clean Fun](#) (Outdoor; 4 of 5 Energy; 2 of 5 Supplies; 4 of 5 Prep Time)
- [Happy Birthday Clean Hands](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)
- [Steps To Washing Your Hands](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 3 of 5 Prep Time)

**3. Be active for 20 minutes.**

- [It’s Time for Lions to Dance](#) (Indoor; 4 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [Lion Freeze Tag](#) (Outdoor; 5 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)
- [Lion Says](#) (Indoor; 3 of 5 Energy; 1 of 5 Supplies; 1 of 5 Prep Time)

**4. Practice methods that help you rest.**

- [Animals Sleep Just Like Me](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)
- [Music Can Soothe the Savage Beast](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 3 of 5 Prep Time)
- [What Time is Bedtime?](#) (Indoor; 1 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)



# Assembled Den Meeting Plan – LION (Kindergarten)

This is an **Assembled Den Meeting Plan** created by combining (1) activities from [Lion Adventures Den Meeting Resources](#) found at [Scouting.Org](#) and/or ideas from the requirements themselves into (2) the [parts of a quality Den Meeting](#)



**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# King of the Jungle

A “Citizenship” Adventure

**REQUIRED** (An Adventure “Required” to earn the Rank of Lion)



## Snapshot of Adventure

Citizenship is one of the four aims of the Cub Scout program (along with Character, Personal Fitness, and Leadership).

For Cub Scouts working on the Lion Rank, citizenship begins at home with those they live with and then extends to their neighbors in their local community. Scouts will explore how they can contribute to their home and community as good citizens.



The QR Code above takes you to [scouting.org/cub-scout-adventures/king-of-the-jungle/](https://scouting.org/cub-scout-adventures/king-of-the-jungle/) ↑

See [Adventure Resources](#) at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. Draw a picture or take a photo of the people you live with.
2. With your Lion adult partner, choose a job that will help your family. Follow through by doing that job at least once.
3. Talk with a grandparent or other older adult about what citizenship means to them.
4. Participate in a service project.

# Meeting Plan

**Does this take one Meeting to complete – or more?** It's up to the Parents / Leaders! Could be done in one meeting easily with a small service project (Requirement 2 really needs to be done at home), but you might have a longer chat with an older adult and do the Service Project another time (maybe as a Pack Project).

**PREPARATION (and materials needed):** Read the King Of The Jungle Adventure in the Lion Handbook.

- Decide whether you like any "Activity Card" options for the Requirements or the suggested activities below or some other way to deliver this Adventure. When you decide, check the materials + supplies needed.
- If you do drawings for Activity 1 ( "*Draw a picture or take a photo of the people you live with*"), have pencils, crayons and/or markers, plus sheets of paper for any Scout without their Lion Handbook,.
- Decide who to invite as your older adult for Activity 3 (Requirement 3, or "*Talk with a grandparent or other older adult about what citizenship means to them*"). Lots of ways to do this ... ideal is an actual grandparent with quality observations about being a citizen and "giving back" to the community attend the meeting.
  - Doesn't have to be a relative ... could be a neighbor who is older and has a citizenship story. Maybe a veteran? Maybe you have a former Pack or Troop Leader who would love to come back and talk about this. Maybe seek out older Citizenship in the Community Merit Badge Counselors (but remind them ... Keep It Simple!) Sure, a stereotype, but ... is your Unit Commissioner an "older adult"?
    - You are not limited to just one older adult. Break out the Bingo!
    - If no older adult can come in person, consider having a virtual visit.
  - Share with your older adult the details of the meeting, date, time, location, and topics from Activity 3.
  - The day before the meeting confirm the details of the meeting with the visiting older adult.
- Determine your Service Project for Activity 4 (Requirement 4)
  - Your den families, Chartered Organization, and local schools and places of worship may have great options. This District page has many Service Project ideas: [southfultonscouting.com/node/4509](https://southfultonscouting.com/node/4509)

## A Tip About Den Meetings for Kindergarten Kids:

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they'll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is "*A Game with a Purpose*", maybe Lion Dens are "*A Play Date with a Purpose*" – and there's nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners as hosts.



**GATHERING:** A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at [Adventure Resources](#) – use those if you like them):

- ◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.



◆ **Activity 1: My People! (Requirement 1: “Draw a picture or take a photo of the people you live with.”)**

(Parent leader: \_\_\_\_\_)

- Gather the Scouts and adult partners and share with the den that those we live with we consider our family, and our family is like a little community on its own where each member has responsibilities and needs.
- If you’re doing drawings, distribute sheets of paper to any Scout who does not have their Lion Handbook, plus pencils, crayons and/or markers. Have adult partners work with their Scout to draw a picture of the people that the Scout lives with. If the Scout divides time between two families have them draw both.
- When everyone is done have each Scout share with the den who they live with.

◆ **Activity 2: Help Around The House (Requirement 2: “With your Lion adult partner, choose a job that will help your family. Follow through by doing that job at least once.”)** (Parent leader: \_\_\_\_\_)

- Gather the Scouts and adult partners and share with them that being a good member of the family is like being a good citizen in the community where you do what you can to help. There are some things that as Cub Scouts we can do to help the adults that we live with. Adult partners: *you got this.* We know it.
  - And if it hasn’t been written down recently, now do it for this Adventure! (You’re welcome.)
  - But if you need help with ideas for jobs around the house, Page 17 of the Lion Handbooks shows Helping with Laundry, Feeding Pets, Cleaning, Picking Up Toys, Making the Bed, Loading the Dishwasher, and Bringing in the Mail.
    - Ask adult partners and Scouts if there are any things they could do or already do not on that list.
  - Remind adult partners that Scouts should do one new thing to help around the house at least one time.

◆ **Activity 3: Hello In There: Words from an Older Adult (Requirement 3: “Talk with a grandparent or other older adult about what citizenship means to them.”)** (Parent leader: \_\_\_\_\_)

- Introduce your older adult visitor.
- Announce that the den is interested in hearing about what they think being a good citizen means.
- Questions to consider:
  - What can someone do to be a good citizen?
  - When was the first election the older adult voted in?
  - How are things different today compared to when they grew up?
- Thank the older adult, and prepare a “thank you note”.



◆ **Activity 4: Service Project (Requirement 4: “Participate in a service project.”)** (Parent leader: \_\_\_\_\_)

- Pick a service project that will be helpful in your Community and meaningful to your Scouts.
  - Three options – for an [Art Supply Drive](#), [Book Drive](#), and [Scouting for Food](#) – are linked in the Activities linked at [Adventure Resources](#) – use those if you like them.



- Participate in your service project. Be sure all families know when and where to meet, what to bring, and what you'll do. Check to be sure you have all needed materials, which will depend on your project.
- Take pictures and video of your Scouts and families serving, and share with your Chartered Organization, Schools, places of worship, and elsewhere in your community.

◆ **Activity 5: [OPTION: Fun Game We Like (Parent leader: \_\_\_\_\_):**

If this meeting is too dry or the games in the Activity Cards in [Adventure Resources](#) don't resonate with you as something your Scouts will like, you can turn up the "Fun Meter" and play a game or some other Fun Activity you like. Some [Ideas Here](#).



**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a ["Living Circle"](#).

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and "Activity Card" options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/king-of-the-jungle/>. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

**1. Draw a picture or take a photo of the people you live with.**

- [My Lion Family](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)

**2. With your Lion adult partner, choose a job that will help your family. Follow through by doing that job at least once.**

- [Lions Can Help Too](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)

**3. Talk with a grandparent or other older adult about what citizenship means to them.**

- [Grandparent Visit](#) (Indoor; 1 of 5 Energy; 1 of 5 Supplies; 5 of 5 Prep Time)
- [Visit From a Veteran](#) (Indoor; 1 of 5 Energy; 1 of 5 Supplies; 5 of 5 Prep Time)
- [Visiting Grandparents](#) (Travel; 2 of 5 Energy; 1 of 5 Supplies; 5 of 5 Prep Time)

**4. Participate in a service project.**

- [Lion Art Supply Drive](#) (Indoor; 3 of 5 Energy; 2 of 5 Supplies; 4 of 5 Prep Time)
- [Lion Book Drive](#) (Indoor; 3 of 5 Energy; 2 of 5 Supplies; 4 of 5 Prep Time)
- [Lion Scouting for Food](#) (Travel; 3 of 5 Energy; 1 of 5 Supplies; 5 of 5 Prep Time)

# Assembled Den Meeting Plan – LION (Kindergarten)

This is an **Assembled Den Meeting Plan** created by combining (1) activities from [Lion Adventures Den Meeting Resources](#) found at Scouting.Org and/or ideas from the requirements themselves into (2) the [parts of a quality Den Meeting](#)



**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Lion's Roar

A "Personal Safety" Adventure

**REQUIRED** (An Adventure "Required" to earn the Rank of Lion)



## Snapshot of Adventure

In partnership with the Barbara Sinatra Children's Center Foundation, Lions will learn about the "Protect Yourself Rules" and other skills needed to stay safe.

This Adventure may be completed at home or as a den. Prior to the meeting inform parents, legal guardians, and adult partners of the Adventure and content. See [Lion's Roar 1 Parent Notification](#) for a way to notify.



The QR Code above takes you to [scouting.org/cub-scout-adventures/lions-roar/](https://scouting.org/cub-scout-adventures/lions-roar/) ↑

See [Adventure Resources](#) at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. With permission from your parent or legal guardian watch the Protect Yourself Rules video for the Lion rank.
2. With your Lion adult partner, demonstrate Shout, Run, Tell as explained in the Protect Yourself Rules video.
3. With your Lion adult partner, demonstrate how to access emergency services.
4. With your Lion adult partner, demonstrate how to safely cross a street or walk in a parking lot.



# Meeting Plan

**Does this take one Meeting to complete?** This is easily done in a single 60 minute session.

**PREPARATION (and materials needed):** Read the Lion's Roar Adventure in the Lion Handbook.

- Decide whether you like any "Activity Card" options for the Requirements or the suggested activities below or some other way to deliver this Adventure. When you decide, check the materials + supplies needed.
- Determine how you will do the Video parts (Requirements 1 + 2), either at home or at the Den Meeting.
  - Either way, be sure to let the parents know whether you're watching this at a Den Meeting (some may want to opt out and do it at home) or telling the parents they need to watch this at home.
  - If you need help with a form of message to the parents, see [this](#) from the [Adventure Resources](#).

## A Tip About Den Meetings for Kindergarten Kids:

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they'll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is "A Game with a Purpose", maybe Lion Dens are "A Play Date with a Purpose" – and there's nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners can host.



**GATHERING:** A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, "we've begun" and helps set the tone.

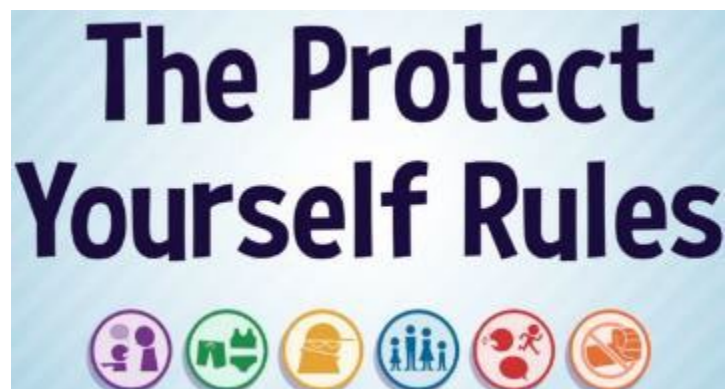
- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at [Adventure Resources](#) – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆ **Activity 1: Protect Yourself! (Requirement 1:** "With permission from your parent or legal guardian watch the Protect Yourself Rules video for the Lion rank.") (Parent leader: \_\_\_\_\_)

- The video is found at <https://vimeo.com/325064485>



◆ **Activity 2: Shout, Run, and Tell (Requirement 2:** *“With your Lion adult partner, demonstrate Shout, Run, Tell as explained in the Protect Yourself Rules video.”*) (Parent leader: \_\_\_\_\_)

- You can do this as discussion in reaction to the video.
  - Maybe say the following: “In the video we just watched, we learned about what parts our bodies are considered private parts. A private part is one that is covered by a bathing suit.”
- If anyone tries to touch your private body parts or wants you to touch their private body parts:
  - **Shout** at them to “Stop!”. Don’t be afraid to get as loud as you can.
  - **Run** Away, and
  - **Tell** an Adult you trust. You can tell your parents, a teacher or another grown up what happened. A trusted adult is someone that both you and your parents know, and a trusted adult would never ask you to keep secrets from your parents.
- From the [Shout, Run, Tell Relay Lion](#), here’s a way for Scouts to demonstrate **Shout, Run, and Tell**.
  - During this activity, allow each Lion to come up with what they want to shout – something like “Help!” or “Don’t Touch Me!” or “Help! I don’t know this person!” or “I don’t want to be touched!”
  - Have the Scouts line up single file with each Scout about 10 yards away from an adult partner.
  - When the den leader signals “Go,” the first Lion in line will yell their “Help!” yell.
  - The first Lion will then run to their adult partner. When this is done, the next Lion gets a turn.
  - Repeat until all the Lions have had a chance to practice how they would shout, run, and tell.
- If Scouts raise questions or concerns that you can or want to answer or comment on, do so.
  - If Scouts raise concerns that you cannot or do not want to comment on, take down and thank them for their comment, and – if appropriate – tell them you’ll follow up with their parent or guardian.
  - In some cases (here, or in other settings during your time as a leader), you may need to counsel the Scout personally but with another leader present for Youth Protection Rules, and follow Youth Protection protocols. See <https://www.scouting.org/training/youth-protection/>.



◆ **Activity 3: Get Emergency Help (Requirement 3:** *“With your Lion adult partner, demonstrate how to access emergency services.”*) (Parent leader: \_\_\_\_\_)

- Have the Scouts make a list of emergency numbers. There is a page in the Lion Handbook for this.
- Have the Scouts show that they know how to call for help in an emergency. (No actual 911 calls!)
  - Have the Scouts identify people who could help if a parent is not available.

◆ **Activity 4: Cross The Street / Cross The Parking Lot (Requirement 4:** *“With your Lion adult partner, demonstrate how to safely cross a street or walk in a parking lot.”*) (Parent leader: \_\_\_\_\_)

- There’s a connect the dots in the Lion Handbook, and some games in [Adventure Resources](#), but this is more interesting and meaningful if you go outside and practice safely crossing the street and the lot.
- How you do your demonstration will depend on your local streets, crosswalks, and parking lot spaces. Tips:
  - Do Not Cross Busy Streets Alone – Stay Together
  - Find a Safe Place to Cross (Go to the Crosswalk!) – Stop at the Edge of the Street
  - Look and Listen for Traffic (Left, Right, Left) – Cross Quickly and Safely – Be More Cautious when it's Dark





◆ **Activity 5:** [OPTION: Fun Game We Like (Parent leader: \_\_\_\_\_)]:

If this meeting is too dry or the games in the Activity Cards in [Adventure Resources](#) don't resonate with you as something your Scouts will like, you can turn up the "Fun Meter" and play a game or some other Fun Activity you like. Some [Ideas Here](#).



**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a "Living Circle".

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and "Activity Card" options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/lions-roar/>. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

**1. With permission from your parent or legal guardian watch the Protect Yourself Rules video for the Lion rank.**

- [Protect Yourself Rules Video Lion](#) (Indoor; 1 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)

**2. With your Lion adult partner, demonstrate Shout, Run, Tell as explained in the Protect Yourself Rules video.**

- [Shout, Run, Tell Relay Lion](#) (Indoor; 4 of 5 Energy; 2 of 5 Supplies; 5 of 5 Prep Time)

**3. With your Lion adult partner, demonstrate how to access emergency services.**

- [Home Security Emergency Services](#) (Indoor; 2 of 5 Energy; 5 of 5 Supplies; 1 of 5 Prep Time)
- [Practice 911 and Five Trusted Adults](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)

**4. With your Lion adult partner, demonstrate how to safely cross a street or walk in a parking lot.**

- [Green Means Go Red Means Stop](#) (Indoor; 4 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)
- [Make Believe Parking Lot](#) (Outdoor; 3 of 5 Energy; 3 of 5 Supplies; 4 of 5 Prep Time)

# Assembled Den Meeting Plan – LION (Kindergarten)

This is an **Assembled Den Meeting Plan** created by combining (1) activities from [Lion Adventures Den Meeting Resources](#) found at Scouting.Org and/or ideas from the requirements themselves into (2) the [parts of a quality Den Meeting](#)



**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Lion's Pride

A "Family & Reverence" Adventure

**REQUIRED** (An Adventure "Required" to earn the Rank of Lion)



## Snapshot of Adventure

In this Adventure, the Lions learn about their family by exploring the faith traditions and celebrations that make being part of their family special. It is important to know that Scouting America has a religious element as a part of the program as stated in the Scout Oath and Scout Law. However, Scouting America is absolutely nonsectarian in its attitude toward a member's religion or faith. The policy is that the home and organization or group with which the member is connected (if any) shall give definite attention to religious life.



The QR Code above takes you to [scouting.org/cub-scout-adventures/lions-pride/](https://scouting.org/cub-scout-adventures/lions-pride/) ↑

See [Adventure Resources](#) at the end of this Plan for a list of the suggested Activities at that link.

***This Adventure is commonly done at home with the Cub Scout's family. If it is being done as a den ensure that every parent and guardian is aware of the content and the activities that the den will do and allow for parents to opt out of doing it as a den activity and choose to complete the requirement at home.***

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

This Adventure may be earned by completing the requirements below OR by completing a **Religious Emblem** of the Cub Scouts family's choosing.

1. With your parent or legal guardian talk about your family's faith traditions. Draw a picture of your favorite family's faith tradition holiday or celebration.
2. With your family, attend a religious service OR other gathering that shows how your family expresses Family & Reverence.
3. Make a cheerful card or a drawing for someone you love and give it to them.

# Meeting Plan

**Does this take one Meeting to complete – or more?** If you do this as a Den Meeting, it's up to the Parents and Leaders! Combining the service or gathering with the drawing and card might work or might be split – and it all might be better done from home on a family schedule. Or part at home and part with the Den.

**PREPARATION (and materials needed):** Read the Lion's Pride Adventure in the Lion Handbook.

- Communicate how you will do this Adventure – (a) everyone doing it all at home, or (b) some parts from home and some at a Den Meeting, or (c) planning a Den Meeting option for all of the Requirements.
- If you do the [Lion Holiday Drawing](#) activity for Activity 1 (Requirement 1) and Cards for Activity 3 (Requirement 3, or "Make a cheerful card or a drawing for someone you love and give it to them"), you'll need:
  - Materials: crayons for the drawing. Paper and/or card stock for anyone without a Lion Handbook.
  - Ask Cub Scouts to find an image of their family's favorite holiday symbol to help draw their design and bring it to the meeting. You might bring some samples of those you know.
- If you do a Den Trip for "With your family, attend a religious service ..." for Activity 2 (Requirement 2), determine where and when you will go, and share information with your Den families.

## A Tip About Den Meetings for Kindergarten Kids:

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they'll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is "A Game with a Purpose", maybe Lion Dens are "A Play Date with a Purpose" – and there's nothing wrong with combining fun with meaning + values! And **many places of worship welcome children with playgrounds!**
  - Maybe visit multiple playgrounds during your Lion Year – adult partners can host.



**GATHERING:** A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at [Adventure Resources](#) – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆ **Activity 1: Traditions: Holidays and Celebrations (Requirement 1:** "With your parent or legal guardian talk about your family's faith traditions. Draw a picture of your favorite family's faith tradition holiday or celebration.") (Parent leader: \_\_\_\_\_)

- [Reminder to Leaders and Adult Partners: "your family's faith traditions" are based on what the family believes – as defined by the family. Belonging to an organization, though encouraged, is not required.]
  - A "family's faith tradition holiday or celebration" often includes religious holidays/celebrations, but family faith may also revere and celebrate at times like Thanksgiving, Veteran's Day, or Earth Day.]

- From the [Adventure Resources](#) – the [Lion Holiday Drawing](#) activity. With adult partners the Scouts will draw something related to their favorite religious holiday, religious celebration, or family faith tradition.
  - Some family traditions are things your family may do together during these times that are not directly connected to any family religious beliefs.
  - For some, it may be cooking a certain type of food, playing a certain game, or singing certain songs.
- Share with Scouts that a Scout is Reverent and that means that they are faithful to their religious obligations and beliefs and that they respect the beliefs of others.
  - Share with Scouts that religious holidays or celebrations are times for families and communities to come together. There are also family traditions that are connected to these events. For some, it may be cooking a certain type of food, playing a certain game, or singing certain songs.
  - Think about your family's faith traditions and draw a picture of it.
  - Have each Scout describe their picture when they are done.

◆ **Activity 2: Gathering (Requirement 2:** *"With your family, attend a religious service OR other gathering that shows how your family expresses Family & Reverence."*) (Parent leader: \_\_\_\_\_)

- Note (just to be sure): Attending a religious service is excellent and common, but not required – a different "gathering that shows how **your family** expresses reverence" (emphasis added) satisfies the requirement.
  - The first two definitions of [Reverence in Merriam-Webster](#) are "1. honor or respect felt or shown: DEFERENCE (especially: profound adoring awed respect). 2. a gesture of respect (such as a bow)."
  - The full expression of the 12<sup>th</sup> point of the Scout Law is: "A Scout is Reverent. Be reverent toward God. Be faithful in your religious duties. Respect the beliefs of others." The BSA respects your beliefs.
- Some Dens do more than one visit in order to share more than one tradition. But you don't have to.

◆ **Activity 3: Greeting Cards (Requirement 3:** *"Make a cheerful card or a drawing for someone you love and give it to them."*) (Parent leader: \_\_\_\_\_)

- Ask Scouts about things that they can do to be kind to other people.
  - Share that one way to be kind is to give someone a card that tells them how special they are to you.
- Have Cub Scouts make cards using page 23 of the Lion handbook or other paper or card stock.
  - Have Scouts cut out cards with help from their adult partner.
- Ask adult partners to help their Scout send the card to their person they made it for.
- Encourage Scouts to always look for opportunities to perform acts of kindness and that being kind is part of being a Scout because it is in the Scout Law.



**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a ["Living Circle"](#).

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and “Activity Card” options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/lions-pride/>. Those resources include the Snapshot of Adventure (included above), a “Safety Moment” of tips and links about doing this safely, and, for each Requirement, one or more “Activity Cards” you can click on for an activity to complete the Requirement.

Those “Activity Card” pages are linked below – along with the “Key” scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How “Supply Intensive”; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being “most”. Note that while that website page says “Choose one of the following” before the “Activity Cards”, what that means is “Choose one of the following – *or do some other activity that will meet the Requirement*”, because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what’s below or other ways to complete the requirement in easier ways.

**1. With your parent or legal guardian talk about your family’s faith traditions. Draw a picture of your favorite family’s faith tradition holiday or celebration.**

- [Lion Holiday Drawing](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)

**2. With your family, attend a religious service OR other gathering that shows how your family expresses Family & Reverence.**

- [Lion Attend a Religious Celebration](#) (Travel; 2 of 5 Energy; 1 of 5 Supplies; 5 of 5 Prep Time)
- [Lion Attend a Religious Service](#) (Travel; 2 of 5 Energy; 1 of 5 Supplies; 5 of 5 Prep Time)
- [Lion Family Reverence](#) (Travel; 3 of 5 Energy; 1 of 5 Supplies; 5 of 5 Prep Time)

**3. Make a cheerful card or a drawing for someone you love and give it to them.**

- [Lion Note of Kindness](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)



# Assembled Den Meeting Plan – LION (Kindergarten)

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1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

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- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Go Fish

A “Fishing” Adventure

**ELECTIVE (2 “electives” are needed to earn the Rank of Lion)**



## Snapshot of Adventure

Lions and adult partners will have a great time fishing together. Fishing can be a lifetime activity – and a cross generational lifetime activity with family and friends. It combines love of nature with sport and skills and relaxing and reducing stress and connecting with others in the outdoors.



The QR Code above takes you to [scouting.org/cub-scout-adventures/go-fish/](https://scouting.org/cub-scout-adventures/go-fish/) ↑

See Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

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## Requirements from the Lion Handbook

1. With your Lion adult partner, learn the rules of fishing safely.
2. Draw a picture of the type of fish you think lives in the water where you are going fishing.
3. Go fishing with your Lion adult partner.

## Meeting Plan

**Does this take one Meeting to complete – or more?** It's up to the Parents / Leaders! As written, you can do this in a single fishing trip, but maybe you do the drawing and learning rules at one session (maybe with just plain fun games) and do the fishing at a separate session. Or go fishing twice. Or more!

**PREPARATION (and materials needed):** Read the Go Fish Adventure in the Lion Handbook.

- As always, decide whether you like any of the “Activity Card” options for the Requirements or the suggested activities below or some other way to deliver this Adventure.
  - When you decide, check the materials and supplies you need.
- Key is to decide where to go fishing ... and be sure that when you do you’re in compliance with fishing rules. If needed, get permission to fish where you plan to fish.
  - Communicate with the families about when and where you will go, and what they need to bring.
  - Obtain and bring any required fishing licenses. Youth may not need a fishing license but adults who are fishing are likely to need one.
  - Note that all six ranks/grades of Cub Scouting have fishing Adventures, so you might collaborate with other Dens or maybe make it an outing for the entire Pack.
- Key materials:
  - Crayons and/or pencils for drawing a picture of a fish, and paper for those who don’t have their Lion Handbook with them.
  - Fishing poles/tackle for all (ideally, each family provides, but bring extra for those with no fishing gear).
  - Bait or lures for the type of fish you’re trying to catch.
  - Every Scout and Adult Partner should have the Cub Scout Six Essentials (first-aid kit, filled water bottle, flashlight, trail food, sun protection, and whistle)
  - One or more “tackle boxes” with fishing gear, including fishing line, barbless hooks, bobbers, sinkers, swivels, artificial bait, needle nose pliers, scissors and de-hooker.
  - First aid kit. You know: fishhooks!

**A Tip About Den Meetings for Kindergarten Kids:**

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they’ll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is “A Game with a Purpose”, maybe Lion Dens are “A Play Date with a Purpose” – and there’s nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners to host.



**GATHERING:** A “gathering” activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and “share the leader load”: everyone can help with something! A good approach is for different parents (or teams) to share the “lead” of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, “we’ve begun” and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at Adventure Resources – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some “talk time” where you (1) discuss today’s Adventure activities (what you’ll do, how you’ll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share “what’s new” with them and get to know each other better.

◆ **Activity 1: Go Fishing and Be Safe (Requirement 1:** “With your Lion adult partner, learn the rules of fishing safely.”) (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Lions Fish Safely](#) (Coloring in Handbook and Saying Rules) and [Safe or Not Safe Fishing Rules](#) (A Quiz). Use what you like – or something else.

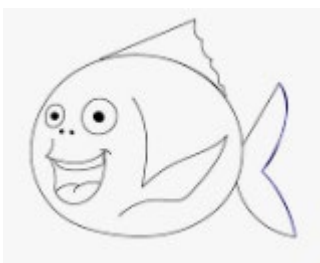
The plan below adapts the substance of safety rules in those Activity Cards.

- You can discuss six things to know to keep you and others safe:
  - 1) Fish with proper adult supervision.
    - (Lion Adult Partners are all supervisors today.)
  - 2) Get permission to fish where you plan to fish.
  - 3) Check the weather before you go. Do not fish in a thunderstorm or inclement weather.
    - (Scouts and Lion Adult Partners need to watch the weather during the fishing event too.)
  - 4) Use the buddy system. You must be able to see them.
    - (Lion Adult Partners are your buddies today.)
  - 5) Give plenty of room to others who are fishing nearby.
    - (You don't want to bother them or hit them with a fishhook or pole.)
  - 6) Never fish where people are swimming.
    - (You don't want to hook any people or lose hooks in a swim area.)

◆ **Activity 2: Draw a Fish (Requirement 2: "Draw a picture of the type of fish you think lives in the water where you are going fishing.")** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer an Activity Card of [Drawing Fish With A Grid](#) for coloring in the fish outline in the Handbook. Cool. Use that if you like – or something else.

- Let imagination flow! The requirement is to draw the type of fish the Scout "thinks" lives in the water! (This can be a good activity for when Scouts get tired of fishing or frustrated if they haven't caught any.)



◆ **Activity 3: Go Fishing (Requirement 3: "Go fishing with your Lion adult partner.")** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer an Activity Card of [Lion Go Fishing](#). Use that if you like – or something else.



- Discuss what type of fish you will be fishing for and what type of bait or lure to use.
- Have adults help Scouts with attaching bait or lures.
- If a fish is caught practice catch and release by assisting the Scouts.



Don't have a fancy fishing pole? You can make one that will work in many places, like ponds and docks with the right kind of fish.

- To make a fishing pole, you will need:
  - Sturdy sticks, 4 to 5 feet long.
  - Fishing line or thin string.
  - Scissors
  - Fish hooks
- The best type of stick for a fishing rod is strong, yet slightly flexible.
- Bamboo—about 1/2-inch thick— would be a good choice, but if bamboo isn't available Scouts can bring something similar from home like a hiking staff or a broom stick.



◆ **Activity 4:** [OPTION: Fun Game We Like (Parent leader: \_\_\_\_\_)]:

If your Scouts get bored or frustrated or the games in the Activity Cards in Adventure Resources don't resonate with you as something your Scouts will like, you can turn up the "Fun Meter" and play a game or some other Fun Activity you like. Some [Ideas Here](#).



**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a ["Living Circle"](#).

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and "Activity Card" options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/go-fish/>. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

**1. With your Lion adult partner, learn the rules of fishing safely.**

- [Lions Fish Safely](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)
- [Safe or Not Safe Fishing Rules](#) (Indoor; 1 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)

**2. Draw a picture of the type of fish you think lives in the water where you are going fishing.**

- [Drawing Fish With A Grid](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)

**3. Go fishing with your Lion adult partner.**

- [Lion Go Fishing](#) (Travel; 4 of 5 Energy; 5 of 5 Supplies; 5 of 5 Prep Time)



# Assembled Den Meeting Plan – LION (Kindergarten)

This is an **Assembled Den Meeting Plan** created by combining (1) activities from [Lion Adventures Den Meeting Resources](#) found at [Scouting.Org](#) and/or ideas from the requirements themselves into (2) the [parts of a quality Den Meeting](#)



**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# On a Roll

A “Cycling” Adventure

**ELECTIVE (2 “electives” are needed to earn the Rank of Lion)**



## Snapshot of Adventure

With their family or den, Lions learn bike safety and go on a bike ride.

Bikes, training wheels, tricycles, and bikes of all forms are welcome.



The QR Code above takes you to [scouting.org/cub-scout-adventures/on-a-roll/](https://scouting.org/cub-scout-adventures/on-a-roll/) ↑

See Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. With your den or Lion adult partner, learn about the safety gear you should use while riding a bicycle.
2. With your den or Lion adult partner, learn the safety rules to follow when riding a bicycle.
3. With your Lion adult partner or family, ride a bicycle wearing appropriate safety gear and follow safety rules.

## Meeting Plan

**Does this take one Meeting to complete – or more?** It's up to the Parents / Leaders! As written, you can do this in a single 60-minute session, but you might have more than one bike ride.

**PREPARATION (and materials needed):** Read the On a Roll Adventure in the Lion Handbook.

- Determine when and where you will do this Adventure, and share information with your Den families.

- Determine if you want to have a bike expert come to you to help instruct (share this plan with them). A bike expert could be someone at a cycling shop, a cycling club, or a parent who is into cycling.
- If a bike shop employee, you might visit the shop for all or part of this meeting, or see if the bike shop employee can ride over to your meeting and bike ride location.
- Pick a place to ride bikes that will be free of automobile traffic. Many parks and playgrounds work. A school or church parking lot on a day when the school or church is not active might work.
- Share what families should bring: bike, bike helmet, any other desired bike safety gear.
  - If some families don't have bikes, ask others if they can share their bikes and let Scouts take turns.
  - At a bike shop, you might be able to use some "loaner" bikes. Or take a bike on a "test ride"!
- Other equipment needed includes: bicycle air pump, tire pressure gauge, bike chain lubrication, flathead and Philips head screwdrivers, variety of Allen wrenches.

#### **A Tip About Den Meetings for Kindergarten Kids:**

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they'll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is "A Game with a Purpose", maybe Lion Dens are "A Play Date with a Purpose" – and there's nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners to host.



**GATHERING:** A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at Adventure Resources – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆ **Activity 1: Safety Gear (Requirement 1:** "With your den or Lion adult partner, learn about the safety gear you should use while riding a bicycle.") (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Checking My Gear Before I Ride](#) and [Follow the Dots To Safety Gear](#) (A Crayon Handbook Exercise). Use what you like – or something else. The plan below adapts the substance of [Checking My Gear Before I Ride](#) and the Requirement.

- Before any bike ride, you want to be sure you have the safety gear you need.
- Discuss the importance of using safety gear.
  - Gather the Scouts and adult partners and inform them that when we ride bikes wearing a helmet is one of the most important safety gear we have.
  - A bicycle crash can happen at any time.
  - A properly fitted hard-shell bicycle helmet reduces the risk of head injury.
  - More children aged 5 to 14 go to hospital emergency rooms for injuries associated with bicycles than with any other sport.

- Many of these injuries involve the head.
- Always wear a hard-shell helmet with a chin strap when you go biking!
- Just like any safety gear, in order for it to work properly you have to wear it properly.
  - Make sure it fits so it can help protect your head if you fall off your bike.
  - In most states, wearing a helmet is required.
- Review the proper steps for putting on a helmet.
  - Have your Scouts try on their helmets and check the fit – adjust as needed.
- If your helmet slips and slides, then take it off and adjust the fit.
  - Help your Scouts learn how to adjust the helmet so it fits correctly.
  - Learn how to fasten and unfasten your chin strap by yourself.
  - Make sure it is always fastened before you ride!
- When you ride, wear bright (light colored) clothing so that others can see you.
  - Maybe reflective tape if you'll be riding in dim light.
  - Your bike should have reflectors on the back of the saddle and/or the hub, and in the wheel spokes.
- If you have other safety gear, like gloves, knee pads and/or elbow pads, show how they are worn.
  - Ask your Scouts why you'd use those items to stay safe.
  - Have your Scouts try any of those items on – be sure all items are on correctly.
  - If anyone is going to borrow a helmet, disinfect the helmet with an over-the-counter disinfectant spray.

It should sit snugly on your head, but not so tightly that it is uncomfortable. ►



◀ The front of the helmet should sit only one or two fingers above your eyebrows. If the helmet is tipped back, it will not protect your forehead.



The side straps should make a "Y" around your ears. ►



◀ Use the "two-finger rule" to fit your chin strap. The buckle should be centered under your chin. Tighten it so you can only fit a finger or two between it and your chin.



◆ **Activity 2: Safety Rules (Requirement 2:** *"With your den or Lion adult partner, learn the safety rules to follow when riding a bicycle."*) (Parent leader: \_\_\_\_\_)

The Adventure Resources offer an Activity Card of [Cut and Paste Bike Rules](#) (A Handbook Connect the Dots Crayon Exercise). Use that if you like – or something else. Or discuss ideas like:

- **Wear a properly fitted helmet.**
  - Protect your brain; save your life! Bicycle helmets can reduce head injuries.
- **Adjust your bicycle to fit.**
  - Make sure you can stand over the top tube of your bicycle.
- **Assure bicycle readiness.**
  - Make sure all parts are secure and working well, with tires fully inflated and brakes working properly.
- **See and be seen.**
  - Wear clothing that is more visible, like bright colors, reflective clothing or tape. Avoid riding at night.

- If people are in front of you on a sidewalk, let them know you are going to pass them. Call out “Passing on your left,” or use a bell or horn.
- **Watch for and avoid road hazards.**
  - Stay alert at all times. Be on the lookout for hazards, such as potholes, broken glass, gravel, puddles, leaves, animals, or anything that could cause you to crash.
  - If you are riding with friends and in the lead, call out and point to hazards to alert the riders behind you.
  - Stop at crosswalks and corners to look for cars. Also watch for cars in driveways.
- **Follow the rules of the road.**
  - Check and obey all local traffic laws. Always ride single file on the right side of the road in the same direction as other vehicles. Go with the flow—not against it! Yield to traffic and watch for parked cars.
  - A bicycle is a vehicle just like a car!

◆ **Activity 3: Ride On! (Requirement 3:** *“With your Lion adult partner or family, ride a bicycle wearing appropriate safety gear and follow safety rules.”*) (Parent leader: \_\_\_\_\_)

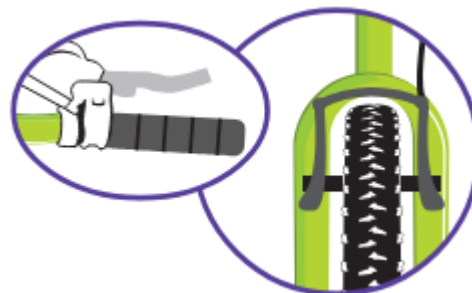
The Adventure Resources offer an Activity Card of [Let’s Roll Lions](#). Use that if you like – or something else.

- The bike ride needs to be safe and fun – there is no minimum distance, and no required skill level.
  - Oddly, First Grade Tigers have an alternate of “*or begin learning how to ride a bike*” as a way to complete the requirement. It makes no sense for this to be harder, so if a Lion is learning the Lion is earning!
  - The Cub Scout Motto is “Do Your Best!” after all.
- All bike rides are local, so determine how and where you will ride. Explain the bike route and make sure everyone stays together.
- The Activity Card says: “Make sure everyone does a bike safety gear check using the ABC’s and that their bike helmets are fitted properly.” OK, what is the ABC’s?

This is adapted from the ABC Quick Check handout [found here](#) from the League of American Bicyclists.

Demonstrate the **A B C Quick** Check

- **A** is for **Air**:
  - Check the air pressure.
  - Point out there is a number on bike tires next to the letters PSI.
  - The PSI tells you how much air should be in your tires.
  - Point out the PSI on the bike tires (note that sometimes the front tire and rear tire have different recommended PSI).
  - Demonstrate how to check the tire pressure using the tire pressure gauge. Demonstrate how to use the air pump to fill a tire to the proper PSI.
  - Spin the wheels and make sure the tires are not worn out.
- **B** is for **Brakes**:
  - If the bike has coaster brakes (brakes that stop the bike by peddling backward) check the brakes by placing the bike upside down and using your hand to peddle the bike forward.
    - Then spin the peddle backward to stop the wheel.
  - If the bike has hand brakes make sure that the levers don’t hit the handlebars when squeezed.
  - Lift one end of the bike at a time to spin the wheel and apply the brake to see if the tire stops.
  - Check to see that the brake pads are clean, and straight, and make contact with the tire rims properly.





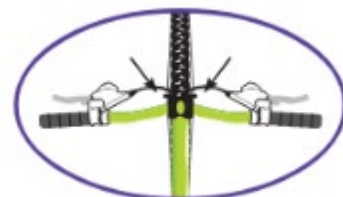
- **C** is for **C**rank, **C**hain, and **C**ogs:

- Check the crankarm and try to wiggle it side to side – there should be no movement.
  - (The crankarm is what the peddles are attached to.)
- The bike chain should look like metal, there should be no rust or gunk on the chain.
- The chain should not sag and should drive the back wheel.
- All moving parts should be properly lubricated with bike chain lubrication.



- **Quick** Refers to the **Quick** Release:

- Some bikes have quick releases on the wheels or the seat post.
- Check to make sure they are tight and closed properly so that they don't release suddenly.



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- If you have them, award Loops to all who completed the requirements. Maybe end with a **"Living Circle"**.

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and "Activity Card" options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/on-a-roll/>. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

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**1. With your den or Lion adult partner, learn about the safety gear you should use while riding a bicycle.**

- [Checking My Gear Before I Ride](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 3 of 5 Prep Time)
- [Follow the Dots To Safety Gear](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)

**2. With your den or Lion adult partner, learn the safety rules to follow when riding a bicycle.**

- [Cut and Paste Bike Rules](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)

**3. With your Lion adult partner or family, ride a bicycle wearing appropriate safety gear and follow safety rules.**

- [Let's Roll Lions](#) (Outdoor; 4 of 5 Energy; 3 of 5 Supplies; 5 of 5 Prep Time)

# Assembled Den Meeting Plan – LION (Kindergarten)

This is an **Assembled Den Meeting Plan** created by combining (1) activities from [Lion Adventures Den Meeting Resources](#) found at [Scouting.Org](#) and/or ideas from the requirements themselves into (2) the [parts of a quality Den Meeting](#)



**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
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The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

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- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Time to Swim

A “Swimming” Adventure

**ELECTIVE (2 “electives” are needed to earn the Rank of Lion)**



## Snapshot of Adventure

Under properly qualified supervision and following Safety Afloat rules, Lions will learn how to stay safe in the water and get comfortable with being in the water. Lions can earn this Adventure by completing the requirements OR by taking swim lessons.



The QR Code above takes you to [scouting.org/cub-scout-adventures/time-to-swim/](https://scouting.org/cub-scout-adventures/time-to-swim/) ↑

See Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. Learn about the swimming safety rules that you need to follow.
2. Demonstrate how to enter the swimming area properly.
3. With your Lion adult partner as your buddy, be active in water depths matching your ability for 20 minutes.
4. Place your face in the water and blow bubbles.
5. Demonstrate how to exit the swimming area properly.

# Meeting Plan

**Does this take one Meeting to complete – or more?** It's up to the Parents / Leaders! As written, you can do this in a single 60-minute session, but you can go to the pool more than once, right?

**PREPARATION (and materials needed):** Read the Time to Swim Adventure in the Lion Handbook.

- Determine when and where you will do this Adventure, and share information with your Den families.
  - Ideally at a lifeguarded swimming pool. If not, you need supervision by one or more adults who have completed the BSA Safe Swim Defense training (26 minutes) at [my.scouting](https://my.scouting.org).
  - Determine if you want to have a lifeguard or swimming instructor or swim team coach help instruct (share this plan with them).
- Other items you will need:
  - Whistles for lifeguards and lookouts
  - Buddy tags and a buddy board system (ideas below in Activity 2)

**GATHERING:** A “gathering” activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and “share the leader load”: everyone can help with something! A good approach is for different parents (or teams) to share the “lead” of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, “we’ve begun” and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at Adventure Resources – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some “talk time” where you (1) discuss today’s Adventure activities (what you’ll do, how you’ll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share “what’s new” with them and get to know each other better.

◆ **Activity 1: Swimming Safety Rules (Requirement 1:** “Learn about the swimming safety rules that you need to follow.”) (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Lion Safe Swim Defense](#) (Handbook Crayon Drawing), and [Lions Learn from the Lifeguard](#) (Adult Talks to Scouts). Use what you like – or the plan below, which adapts the substance of both (without crayons) and the Requirement – it is important for adults to know this.

Review the eight points of the Safe Swim Defense with everyone – Scouts and adult partners.

- 1) “The first rule is to make sure there is an adult who is properly trained oversee the swimming activity. This is called **Qualified Supervision**. All swimming activity must be supervised by a mature and conscientious adult aged 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of BSA Safe Swim Defense.”
- 2) “The second rule is to make sure that everyone who is going to swim is healthy. You should never go swimming if you feel sick. Everyone who is swimming is to have a **Personal Health Review**. A complete health history is required of all participants as evidence of fitness for swimming activities. The Scouting America [Annual Health and Medical Record](#) can be used for this.”





- 3) "The third rule is to make sure where we are swimming is safe. A **Safe Area** means that all swimming areas must be carefully inspected and prepared for safety prior to each activity. Water depth, quality, temperature, movement, and clarity are important considerations. Hazards must be eliminated or isolated by conspicuous markings and discussed with participants. Another Safe Area issue is Controlled Access: There must be safe areas for all participating ability groups to enter and leave the water. Swimming areas of appropriate depth must be defined for each ability group. The entire area must be within easy reach of designated rescue personnel. The area must be clear of boat traffic, surfing, or other non-swimming activities."
- 4) "The fourth rule is to have **Response Personnel or Lifeguards**. Every swimming activity must be closely and continuously monitored by a trained rescue team on the alert for and ready to respond during emergencies."
- 5) "The fifth rule is to have a **Lookout**. The lookout continuously monitors the conduct of the swim, identifies any departures from Safe Swim Defense guidelines, alerts rescue personnel as needed, and monitors the weather and environment."
- 6) "The sixth rule is for everyone to be placed into an **Ability Groups**. All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized BSA swim classification tests. The swimming area will be marked by ability groups, and you cannot go beyond your ability groups swimming area. Nonswimmers must stay in the nonswimmer area, beginners can go in the nonswimmer and beginner area, and swimmers can swim in any of the three areas."
- 7) "The seventh rule is the **Buddy System**. Every participant is paired with another. Buddies stay together, monitor each other, and alert the safety team if either needs assistance or is missing. During our swimming time when a lifeguard or adult calls for a buddy check you must exit the water with your buddy and hold your buddy's hand up. A count will be done to make sure everyone is safe before anyone gets back into the water."
- 8) "The last rule is extremely important and that is **Discipline**. Rules are effective only when followed. All participants should know, understand, and respect the rules and procedures for safe swimming provided by Safe Swim Defense guidelines."



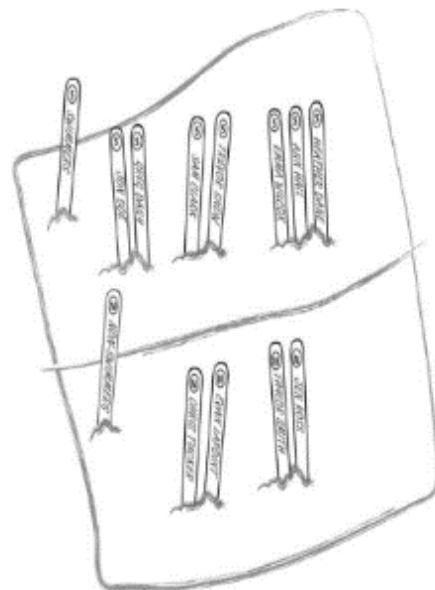
◆ **Activity 2: Safely Into The Swimming Area (Requirement 2: "Demonstrate how to enter the swimming area properly.")** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer an Activity Card of [Lions Enter the Swimming Area](#), adapted/expanded below.

- Before entering the swimming area gather Scouts and adult partners. Have the adult serving as the qualified supervision introduce themselves and show the den where the buddy board is.



- Pass out buddy tags to each Scout and adult partner.
- Have Scouts and adult partners buddy up and place their buddy tags on the buddy board.
- Have the adult serving as the qualified supervision explain how the buddy board works and how to properly enter the swimming area.
- Buddy tags and portable or homemade “buddy boards”.
  - At a pool or a state park lake while you’ll be sure to have Qualified Supervision and the other elements, you may not have a big wooden buddy board or “buddy tags”.
- But you have alternatives:
  - A simple list of names on a piece of paper is adequate for tracking those in the water and their ability classification. Have nonswimmer, beginner and swimmer sections of the sheet, write the names of buddies as they enter in their ability area, and scratch them off when they leave.
  - Other options include tongue depressors stuck in the sand, or wooden clothespins strung on a line. Use waterproof markers are used to print names and color the ends by ability groups.
- Here’s a tongue depressor system description:
  - Prior to the trip, each camper’s full name and assessed swimming ability is written (with permanent marker) on a tongue depressor to be used in a similar way as a buddy tag.
  - At the site, an area on the ground near the beach is selected to serve as the “buddy board” and nonswimmer, beginner and swimmer areas are scratched or scraped into the soil or outlined with sticks on the ground.
  - Each camper’s tongue depressor is stuck into the ground next to his/her buddy’s and in the assigned swimming area.
  - When buddy pairs change swimming areas or exit the water, their tongue depressors are relocated to the new area or removed from the ground.
- Once everyone has entered the swimming area safely, demonstrate how to enter the pool.
  - Walk up to the edge of the pool, sit down on the edge, place your feet into the pool, and lower yourself down into the pool.
  - Go buddy group by buddy group, and have Scouts repeat the entry method demonstrated to them.



◆ **Activity 3: In The Water With Your Buddy (Requirement 3: “With your Lion adult partner as your buddy, be active in water depths matching your ability for 20 minutes.”)** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer an Activity Card of [Lions Go Swimming](#), which is bare bones. Here’s more:

- Scouts buddy with their Adult Partner when they get into the water.
- Identify swim ability group for each Scout and Adult Partner. Scouting designates swimmers, beginners or nonswimmers based on swimming ability confirmed by standardized swim classification tests.
  - Each group is assigned a specific swimming area with depths consistent with those abilities.
  - The classification tests should be renewed annually, preferably at the beginning of the season.
  - You have to assume that all are “nonswimmers” unless the Scouting swim test is conducted (scroll down to the bottom of Adventure Resources for the tests to be deemed a “beginner” or a “swimmer”).
- From Scouter Mom’s [page on a swimming Adventure](#), here are fun group activities which are even appropriate in the shallow section, suitable for Lions and their adult partners:
  - **Treasure Hunt:** Scatter some waterproof toys or items on the bottom of the shallow end. Have the Lions and their partners search for these items together.

- **Pass the Ball:** Use a beach ball or a soft water ball to play a game of pass or keep-away. This helps build water comfort and teamwork skills.
- **Duck, Duck, Splash:** A watery version of “Duck, Duck, Goose”. Instead of running, the Lion taps heads and says “duck” until they choose someone and say “splash”, then gently splash water towards them before that Scout chases them around a circle formed by other players.
- **Simon Says:** Play “Simon Says” with simple water-based actions like “splash water”, “float on your back”, or “kick your legs”.
- **Follow the Leader:** Have an adult lead a line of Lions around the shallow end, doing different simple water movements like arm circles, leg kicks, or walking through the water.

◆ **Activity 4: Forever Blowing Bubbles (Requirement 4: “Place your face in the water and blow bubbles.”)**  
 (Parent leader: \_\_\_\_\_)

The Adventure Resources offer an Activity Card of [Lion Bubbles](#), which is bare bones. Here’s more:

- Blowing bubbles is an exercise to help Scouts get comfortable in the water.
- Scouts who have not learned to hold their breath in the water may be afraid of being unable to breathe.
- Have Scouts and adult partners together in the nonswimmer area where everyone can stand.
  - Have adult partners work with their Scouts to hold their breath, place their face into the water and blow bubbles, then lift their head when they are done.
  - Let adult partners know that this is to get their Scout comfortable with their head in the water.
  - Remember that the Cub Scout motto is “Do Your Best” once a Scout has demonstrated their best, they have completed the requirement.
- From Scouter Mom’s [page on a swimming Adventure](#), to make this fun and less intimidating for Lions who might be hesitant, here are some suggestions:
  - **Bubble Contest:** Turn it into a game by seeing who can make the most bubbles or the biggest bubble. This adds a playful challenge.
  - **Imaginary Play:** Encourage them to pretend they are fish or sea creatures blowing bubbles underwater. This can spark their imagination and make the activity more engaging.
  - **Practice Outside the Pool:** Start practicing blowing bubbles in a bowl of water at home to build confidence before trying in the pool.
- P.S.: once Scouts are comfortable in the water, and going underwater, do not encourage blowing out bubbles – that makes them less buoyant, and swimmers need air and buoyancy to float!



◆ **Activity 5: Out Of The Water, Safely (Requirement 5: “Demonstrate how to exit the swimming area properly.”)** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer an Activity Card of [Lions Leave the Swimming Area](#), which is bare bones. Here’s more:

- In a pool or dock in a lake, if you’re not using a ladder to get out, follow these steps:
  - In the pool, grab onto the wall with two hands [please emphasize BOTH hands!]
  - Put one elbow on top of the edge of the pool or dock.
  - Bring their other elbow up on the edge.
  - Pull their body up so that their tummy is laying on the edge of the pool.
  - Have them put their knee on the ledge and push up to a safe exit of the pool.

- Before exiting the swimming area gather Scouts and adult partners.
  - Have the adult serving as the qualified supervision meet the den at the buddy board.
  - Have the adult serving as the qualified supervision explain that checking out at the buddy board (picking up your buddy tag) when you exit the swimming area allows everyone to know that there no longer people in the pool.
  - Have Scouts pick up their buddy tags from the buddy board or otherwise follow your checkout protocol if you're using a list or other system.
- Once everyone has exited the swimming area safely ask Scouts and adult partners what they liked best about the swim.
  - Ask them if they can remember any part of the safe swim defense, the rules to follow when swimming.

**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a ["Living Circle"](#).

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and "Activity Card" options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/time-to-swim/>. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says, "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

**1. Learn about the swimming safety rules that you need to follow.**

- [Lion Safe Swim Defense](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [Lions Learn from the Lifeguard](#) (Travel; 2 of 5 Energy; 1 of 5 Supplies; 5 of 5 Prep Time)

**2. Demonstrate how to enter the swimming area properly.**

- [Lions Enter the Swimming Area](#) (Travel; 2 of 5 Energy; 2 of 5 Supplies; 5 of 5 Prep Time)

**3. With your Lion adult partner as your buddy, be active in water depths matching your ability for 20 minutes.**

- [Lions Go Swimming](#) (Travel; 5 of 5 Energy; 5 of 5 Supplies; 5 of 5 Prep Time)

**4. Place your face in the water and blow bubbles.**

- [Lion Bubbles](#) (Travel; 3 of 5 Energy; 2 of 5 Supplies; 5 of 5 Prep Time)

**5. Demonstrate how to exit the swimming area properly.**

- [Lions Leave the Swimming Area](#) (Outdoor; 5 of 5 Energy; 5 of 5 Supplies; 5 of 5 Prep Time)

# Assembled Den Meeting Plan – LION (Kindergarten)

This is an **Assembled Den Meeting Plan** created by combining (1) activities from [Lion Adventures Den Meeting Resources](#) found at [Scouting.Org](#) and/or ideas from the requirements themselves into (2) the [parts of a quality Den Meeting](#)



**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Let's Camp Lion

A "Camping" Adventure

**ELECTIVE** (2 "electives" are needed to earn the Rank of Lion)



## Snapshot of Adventure

Here is the opportunity for Lions and their adult partners to go on an overnight campout.



The QR Code above takes you to [scouting.org/cub-scout-adventures/lets-camp-lion/](https://scouting.org/cub-scout-adventures/lets-camp-lion/) ↑

See Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. Learn about the buddy system and how it works in the outdoors.
2. Before going on the overnight campout, discuss what type of weather is expected and what type of clothes you should wear.
3. Pack up your Cub Scout Six Essentials for the campout.
4. Attend a council or district Cub Scout overnight camp or attend an overnight campout with your pack.

## Meeting Plan

**Does this take one Meeting to complete – or more?** It's up to the Parents / Leaders! As written, you can do this in a single session at a campout (or break it up during the campout – you'll be there for a while). You might also do the first two requirements in advance of the campout and add games just for fun.

**PREPARATION (and materials needed):** Read the Let's Camp Lion Adventure in the Lion Handbook.



- Key is to decide where to go on your campout ... and to be sure your Pack has planned for a fun and safe campout. This plan is not a full campout plan ... just the Adventure plan. Also: an overnight campout is not a “single den” activity – it needs to be a Pack activity, but all dens can do their own “Let’s Camp” Adventure.
  - Communicate with the families about when and where you will go, and what they need to bring.
  - [This checklist](#) might help families know what to bring, but you may see other items need in your locale.
  - For this Adventure, at home, work before the campout will include Requirements 2 (“*discuss what type of weather is expected and what type of clothes you should wear*”) so that they can pack properly and Requirement 3 (“*Pack up your Cub Scout Six Essentials for the campout*”).
  - The Six Essential are: first-aid kit, filled water bottle, flashlight, trail food, sun protection, and whistle.
- To develop a full fun and safe campout plan ... attend Basic Adult Leader Outdoor Orientation (BALOO).
  - This one-and-a-half-day course is an introduction to the Cub Scout outdoor program for leaders interested in adding a camping component to their Pack activities.
  - [BALOO training](#) consists of an online pre-requisite component (found in [my.scouting.org](#)) in addition to an overnight hands-on practical experience with other Cub Scout Leaders.
  - Completion of this course is mandatory for a minimum of one adult on a Pack overnighter.
- Other items you should bring for this Adventure:
  - Smart device with internet access and a weather app.

**GATHERING:** A “gathering” activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and “share the leader load”: everyone can help with something! A good approach is for different parents (or teams) to share the “lead” of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, “we’ve begun” and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at Adventure Resources – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some “talk time” where you (1) discuss today’s Adventure activities (what you’ll do, how you’ll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share “what’s new” with them and get to know each other better.

◆ **Activity 1: Campout Buddy System (Requirement 1:** “*Learn about the buddy system and how it works in the outdoors.*”) (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Buddy or No Buddy?](#) (Handbook Crayoning) and [Buddy Tic Tac Toe](#) (Tic Tac Toe). Use what you like – or something else. The plan below adapts the substance in each (no crayons) and of the Requirement.

- Learn about the buddy system and how it works on your campout.
  - The buddy system is when two Cub Scouts work together, share, and keep each other safe.
    - The den leader decides how buddies are paired.
    - You cannot change buddies unless the den leader approves, and everyone knows their new buddy.
  - Having a buddy is very important when you are doing an activity outdoors.
    - When you have a buddy, you are not to let your buddy out of your sight.
  - Each Scout picks a “buddy” for the duration of the event. (If you have an uneven number of Scouts, put three together in one group.)
  - As buddies you are friends, so remember the points of the Scout Law to be friendly, courteous, and kind to each other.
  - You keep each other safe by following any rules or instructions for the activity.



◆ **Activity 2: Campout Weather + Clothes (Requirement 2:** *"Before going on the overnight campout, discuss what type of weather is expected and what type of clothes you should wear."*) (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Adult Partner Dress Up](#) (What It Sounds Like), [What Should Kat Wear?](#) (Handbook Crafts), and [What to Wear Relay](#) (Relay Race). Use what you like – or something else. The plan below adapts the substance of the Requirement.

While this needs to be done at home in advance to pack properly, an on-site review is worthwhile.

- To do this, use a smart device with internet access and a weather app.
- Discuss with the Scouts that we're going look at what the weather will be like for the rest of the campout.
- Pull up the weather app and set the location for where the campout will be held. Look for the forecast.
  - When doing this before the campout, discuss what everyone will they need to bring on the campout based on the forecast.
  - When doing this at the campout, discuss whether there are changes they need to make (gear to pull out) based on the more current forecast.

◆ **Activity 3: Pack Your Six Essentials (Requirement 3:** *"Pack up your Cub Scout Six Essentials for the campout."*) (Parent leader: \_\_\_\_\_)

The Adventure Resources offer an Activity Card of [Packing for the Campout](#), with just a list. This would be done at home but could be demonstrated at a meeting before the campout.

- Here's the Cub Scout Six Essentials (for more, see: <https://vimeo.com/498051015>):
  - **First-aid kit:** adhesive bandages, moleskin, gauze, antibiotic ointment, etc.
  - **Water bottle:** filled and large enough to last until it can be filled again.
  - **Trail food:** can be made as a den activity prior to hike or campout.
  - **Sun protection:** sunscreen of SPF 30 or greater and a hat
  - **Flashlight:** small, for emergency use only
  - **Whistle:** also, for emergency use only
- Other items you may want to pack are in this list: <https://filestore.scouting.org/filestore/pdf/34-49.pdf>



◆ **Activity 4: Attend a Campout (Requirement 4:** *"Attend a council or district Cub Scout overnight camp or attend an overnight campout with your pack."*) (Parent leader: \_\_\_\_\_)

- Simple: attend your campout, follow the instructions of your campout leader, and have fun.
- The Requirement says "attend" but does not specify that you must camp overnight. We want you to, but if that's beyond what the family is ready to do, the requirement is satisfied if you attend. "Do Your Best!"

**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a ["Living Circle"](#).

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and “Activity Card” options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/lets-camp-lion/>. Those resources include the Snapshot of Adventure (included above), a “Safety Moment” of tips and links about doing this safely, and, for each Requirement, one or more “Activity Cards” you can click on for an activity to complete the Requirement.

Those “Activity Card” pages are linked below – along with the “Key” scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How “Supply Intensive”; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being “most”. Note that while that website page says, “Choose one of the following” before the “Activity Cards”, what that means is “Choose one of the following – *or do some other activity that will meet the Requirement*”, because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what’s below or other ways to complete the requirement in easier ways.

**1. Learn about the buddy system and how it works in the outdoors.**

- [Buddy or No Buddy?](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [Buddy Tic Tac Toe](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)

**2. Before going on the overnight campout, discuss what type of weather is expected and what type of clothes you should wear.**

- [Adult Partner Dress Up](#) (Indoor; 2 of 5 Energy; 1 of 5 Supplies; 5 of 5 Prep Time)
- [What Should Kat Wear?](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)
- [What to Wear Relay](#) (Indoor; 5 of 5 Energy; 4 of 5 Supplies; 2 of 5 Prep Time)

**3. Pack up your Cub Scout Six Essentials for the campout.**

- [Packing for the Campout](#) (Indoor; 2 of 5 Energy; 4 of 5 Supplies; 2 of 5 Prep Time)

**4. Attend a council or district Cub Scout overnight camp or attend an overnight campout with your pack.**

- [Lion Council Camping](#) (Outdoor/Travel; 5 of 5 Energy; 5 of 5 Supplies; 5 of 5 Prep Time)
- [Lion Pack Camping](#) (Outdoor/Travel; 5 of 5 Energy; 5 of 5 Supplies; 5 of 5 Prep Time)

# Assembled Den Meeting Plan – LION (Kindergarten)

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The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

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- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Champions for Nature Lion

A “Recycling and Conservation” Adventure

ELECTIVE (2 “electives” are needed to earn the Rank of Lion)



## Snapshot of Adventure

As part of the World Organization of the Scouting Movement, this program is part of a global effort to teach youth about the conservation of natural resources. This includes participating in a service project.



The QR Code above takes you to [scouting.org/cub-scout-adventures/champions-for-nature-lion/](https://scouting.org/cub-scout-adventures/champions-for-nature-lion/) ↑

See Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. Discover the difference between natural resources and man-made items.
2. Discover the difference between organic, paper, plastic, metal and glass waste.
3. Discover recycling.
4. Participate in a conservation service project.

## Meeting Plan

**Does this take one Meeting to complete – or more?** It's up to the Parents / Leaders! You might squeeze this into a single session but to really engage in the recycling investigations, many might do the instruction part in one meeting (add some fun games), or two if you do a site visit, and the conservation project separately (perhaps with the entire Pack – every rank has a “Champions for Nature” Adventure with a service project).



**PREPARATION (and materials needed):** Read the Champions for Nature Lion Adventure in the Lion Handbook.

- Determine and share your Service Project for Activity 4 (Requirement 4).
  - Your den families, Chartered Organization, and local schools and places of worship may have great options – other ideas in the Adventure Resources.
  - This District page has many Service Project ideas: [southfultonscouting.com/node/4509](https://southfultonscouting.com/node/4509)
- Determine and share your plan for the other recycling and trash collection Requirements.

#### A Tip About Den Meetings for Kindergarten Kids:

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they'll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is "A Game with a Purpose", maybe Lion Dens are "A Play Date with a Purpose" – and there's nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners to host.



**GATHERING:** A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at Adventure Resources – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆ **Activity 1: Natural Resources and Man-Made Items (Requirement 1: "Discover the difference between natural resources and man-made items.")** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Match Natural and Man-made](#) (Handbook Crayon Exercise), [Natural to Man-made](#) (Discuss the Differences), and [Sorting Natural Items](#) (Collecting in a Pillowcase Game). Use what you like – or something else. The plan below adapts [Natural to Man-made](#) and the Requirement.

- Gather the Scouts and adult partners and explain that we're going to discuss the difference between something that is man-made compared to something that is natural.
  - Explain that many things are made from natural materials – because people have learned to use to make useful things (man-made things) from natural materials.
  - For example: man-made pencils are made from natural materials wood and graphite.



- Man-made clothing is made from natural materials like cotton and wool.
- Man-made glass is made from sand! – another natural material.
- Maybe ask what these man-made items are made of (if you have examples, that's better):
  - Lion Handbook // Spoon // Water bottle // Flashlight // Trash bag // Towel

◆ **Activity 2: Organic, Paper, Plastic, Metal and Glass Waste (Requirement 2: “Discover the difference between organic, paper, plastic, metal and glass waste.”)** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer an Activity Card of [Types of Trash](#) (Handbook Coloring Game). Use that if you like – or something else. This adapts the Requirement for discussion (color if that’s what your Scouts like).

- Gather the Scouts and adult partners and share with them that when we are done using something it becomes trash but maybe can still be useful.
- Some items can be used again either in the same way or in different ways.
- There are things like food that we don’t eat or that goes bad that is called organic and it naturally breaks down into food for plants.
- Broken glass can be gathered, heated, and made into new glass.
- Paper is from trees. Paper can either break down in the ground or be gathered and mixed with water and other materials to make new paper.
- Color in the Handbook, but in any event ask whether these are Organic, Paper or Glass waste:



Bag // Milk Carton // Piece of Fruit // Milk Bottle // Newsprint // Stick // Leaf // Apple Core // Broken Mirror // Chewing Gum Wrapper // Cereal Box // Banana Peel // Cardboard Box // Chewing Gum You Just Spat Out into Tissue // Tissue

◆ **Activity 3: Recycling (Requirement 3: “Discover recycling.”)** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Use It Again](#) (Visit a Recycling Center) and [You Can Recycle](#) (Guest Speaker to Talk About Recycling). Use what you like – or something else. The plan below adapts the substance of both and the Requirement.

- Perhaps find a family in your Den that is really into recycling and what the garbage process is – a recycling family has probably done their homework.
- Ask Scouts and discuss as you can:
  - What can be recycled?
  - What cannot be recycled?
  - Why do we separate recycling from regular trash?
  - What do you do with recycled material?
  - How can we help with recycling at home?



◆ **Activity 4: Conservation Service Project (Requirement 4: “Participate in a conservation service project.”)** (Parent leader: \_\_\_\_\_)

- Pick a service project that will be helpful in your community and meaningful to your Scouts. The Adventure Resources offer Activity Cards of [Dinner Time for Bees](#) (Plant Native Plants) and [Sowing The Seeds of Love](#) (Wildflower Seed Bombs). Use what you like – or something else.



- This District page has many Service Project ideas: [southfultonscouting.com/node/4509](https://southfultonscouting.com/node/4509)
- Participate in your service project. Be sure all families know when and where to meet, what to bring, and what you’ll do. Check to be sure you have all needed materials, which will depend on your project.

- Take pictures and video of your Scouts and families serving, and share with your Chartered Organization, Schools, places of worship, and elsewhere in your community.

◆ **Activity 5: [OPTION: Fun Game We Like (Parent leader: \_\_\_\_\_):**

If this meeting is too dry or the games in the Activity Cards in Adventure Resources don't resonate with you as something your Scouts will like, you can turn up the "Fun Meter" and play a game or some other Fun Activity you like. Some [Ideas Here](#).



**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a ["Living Circle"](#).

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and "Activity Card" options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/champions-for-nature-lion/>. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says, "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

**1. Discover the difference between natural resources and man-made items.**

- [Match Natural and Man-made](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)
- [Natural to Man-made](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 2 of 5 Prep Time)
- [Sorting Natural Items](#) (Indoor; 4 of 5 Energy; 4 of 5 Supplies; 2 of 5 Prep Time)

**2. Discover the difference between organic, paper, plastic, metal and glass waste.**

- [Types of Trash](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)

**3. Discover recycling.**

- [Use It Again](#) (Travel; 2 of 5 Energy; 1 of 5 Supplies; 5 of 5 Prep Time)
- [You Can Recycle](#) (Indoor; 1 of 5 Energy; 1 of 5 Supplies; 5 of 5 Prep Time)

**4. Participate in a conservation service project.**

- [Dinner Time for Bees](#) (Outdoor; 4 of 5 Energy; 4 of 5 Supplies; 5 of 5 Prep Time)
- [Sowing The Seeds of Love](#) (Outdoor; 2 of 5 Energy; 3 of 5 Supplies; 2 of 5 Prep Time)

# Assembled Den Meeting Plan – LION (Kindergarten)

This is an **Assembled Den Meeting Plan** created by combining (1) activities from [Lion Adventures Den Meeting Resources](#) found at [Scouting.Org](#) and/or ideas from the requirements themselves into (2) the [parts of a quality Den Meeting](#)



**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Ready, Set, Grow

A “Science” Adventure

**ELECTIVE** (2 “electives” are needed to earn the Rank of Lion)



## Snapshot of Adventure

Gardening for fun and for food is how Lions will discover some of the wonders of natural science.



The QR Code above takes you to [scouting.org/cub-scout-adventures/ready-set-grow/](https://scouting.org/cub-scout-adventures/ready-set-grow/) ↑

See Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. ➔



## Requirements from the Lion Handbook

1. Discover where the food we eat comes from.
2. Plant a small garden outside or in a container.
3. Visit with an individual who can demonstrate different ways to garden (outside, greenhouse, container, etc.) and the basic skills needed to garden.

## Meeting Plan

**Does this take one Meeting to complete – or more?** It's up to the Parents / Leaders! As written, you can do this in a single 60-minute session with a gardener who comes to you, but you might split this into a visit to a garden for Requirement 3 and the other two in a den meeting where you add just fun games.

**PREPARATION (and materials needed):** Read the Ready, Set, Grow Adventure in the Lion Handbook.



- As always, decide whether you like any of the “Activity Card” options for the Requirements or the suggested activities below or some other way to deliver this Adventure.
  - When you decide, check the materials and supplies you need.
  - You’ll need to decide on gardening supplies for “plant a garden outside or in a container”. You have many options, and many resources and videos at <https://www.southfultonscouting.com/node/5288>.
- Decide on how to do the “visit with a gardener” Requirement in Activity 3 – if you’re not the gardener, you’ll want to arrange that in advance so that the gardener can prepare and has time to help you and your Scout.
  - If you’re going to a garden for that visit, share time and place details with your families.

#### A Tip About Den Meetings for Kindergarten Kids:

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they’ll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is “A Game with a Purpose”, maybe Lion Dens are “A Play Date with a Purpose” – and there’s nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners to host.



**GATHERING:** A “gathering” activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and “share the leader load”: everyone can help with something! A good approach is for different parents (or teams) to share the “lead” of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, “we’ve begun” and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

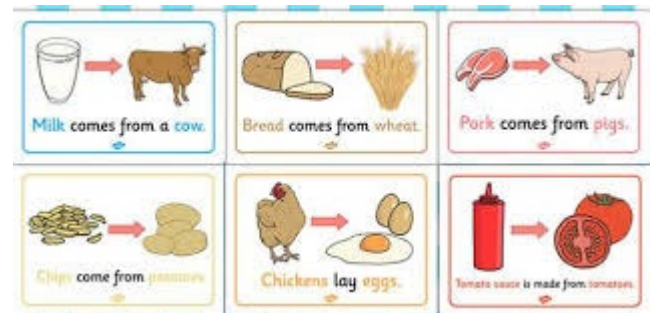
**ACTIVITIES** (See also other Activities linked at Adventure Resources – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some “talk time” where you (1) discuss today’s Adventure activities (what you’ll do, how you’ll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share “what’s new” with them and get to know each other better.

◆ **Activity 1: Where Does Food Come From? (Requirement 1: “Discover where the food we eat comes from.”)** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Ground, Tree, Vine, Farm](#) (Handbook Coloring Exercise), [Supermarket Fun](#) (Arrange for a Supermarket/Grocery Store Tour – Hey, Much Better Would be a Farmer’s Market), and [Where Does That Food Come From](#) (Relay Race with Toy/Plastic Foods). Use what you like – or something else. The plan below adapts the substance of the Requirement.

- Gather the Scouts and adult partners and share with them that natural foods come from natural places such as plants or animals.
- Trees and vines produce fruits that start off as flowers and then form into an edible fruit that contains seeds.
- When animals eat fruit, they eat the seeds too!
  - When they poop, they help spread the seeds.
- In the ground there are vegetables that are plants or roots that we can eat, vegetables don’t have seeds.
- On a farm animals can become sources of protein.



◆ **Activity 2: Plant a Garden! (Requirement 2: “Plant a small garden outside or in a container.”)** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Alright, Alright, Alright, It's Avocado Time](#) (Settle Down, Matthew McConaughey, it's just growing an avocado from seed), [From Eggs to Planter](#) (Various Seeds in an Egg Carton), and [Sunflowers and Sunshine](#) (Sunflower Seeds in a Pot). Use what you like – or something else. The plan below adapts the substance of the Requirement.

- Key is to decide what you want to plant, where you'll plant ... outside or in a container like a pot.
- Here's a very simple approach for planting in a container.
- Materials:
  - Container (if not a planting pot, then maybe a recycled item that will hold soil and will have drainage at the bottom – it can also be as simple as a cup or bowl)
  - Potting soil
  - Seeds or sprouted plants that you'll transplant to your container.
  - Small rocks or pebbles for drainage (Mulch on the top is optional)
- Planting: Follow the instructions for your plant or seeds as to the size of pot and type of soil.
  - The links at <https://www.southfultonscouting.com/node/5288> might help you with that ...
  - ... or do an internet search of the type of plants or seeds you'll plant to get tips.
  - The gardener you visit in Activity 1 might be able to direct you.
- If you really like this, don't stop at one pot!
  - Feel free to make multiple containers for your home's plants, or containers with multiple plants.
  - And put your Scout to work watering and caring for their plants.



◆ **Activity 3: Visit With a Gardener (Requirement 3: “Visit with an individual who can demonstrate different ways to garden (outside, greenhouse, container, etc.) and the basic skills needed to garden.”)** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer an Activity Card of [Lions Garden Like a Pro](#) – a visit to a nursery, garden, community garden, botanical garden or any other location with plants that will give an instructional lesson on gardening. That's excellent! Use that if you like – or something else. You might have a gardener visit you!

- Different ways to garden include outside gardening, greenhouse gardening, container gardening, hanging plants, hydroponics, organic gardening.

- Skills that are needed to garden include: Planting, watering, fertilizing (and testing soil to know when and how to fertilize), weeding, managing bugs (both helpful, like lady bugs, and harmful, like cut worms, and knowing when to harvest).
- More about gardening skills can be found in the links at <https://www.southfultonscouting.com/node/4343>, and just by doing an internet search of: *how to garden*.
  - Or search *how to vegetable garden* or *how to flower garden* or *how to organic garden* .

◆ **Activity 4:** [OPTION: Fun Game We Like (Parent leader: \_\_\_\_\_)]:

If this meeting is too dry or the games in the Activity Cards in Adventure Resources don't resonate with you as something your Scouts will like, you can turn up the "Fun Meter" and play a game or some other Fun Activity you like. Some [Ideas Here](#).



**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a ["Living Circle"](#).

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and "Activity Card" options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/ready-set-grow/>. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says, "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

**1. Discover where the food we eat comes from.**

- [Ground, Tree, Vine, Farm](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)
- [Supermarket Fun](#) (Travel; 2 of 5 Energy; 2 of 5 Supplies; 5 of 5 Prep Time)
- [Where Does That Food Come From](#) (Indoor; 4 of 5 Energy; 4 of 5 Supplies; 3 of 5 Prep Time)

**2. Plant a small garden outside or in a container.**

- [Alright, Alright, Alright, It's Avocado Time](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 2 of 5 Prep Time)
- [From Eggs to Planter](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 2 of 5 Prep Time)
- [Sunflowers and Sunshine](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 2 of 5 Prep Time)

**3. Visit with an individual who can demonstrate different ways to garden (outside, greenhouse, container, etc.) and the basic skills needed to garden.**

- [Lions Garden Like a Pro](#) (Travel; 3 of 5 Energy; 2 of 5 Supplies; 5 of 5 Prep Time)

# Assembled Den Meeting Plan – LION (Kindergarten)

This is an **Assembled Den Meeting Plan** created by combining (1) activities from [Lion Adventures Den Meeting Resources](#) found at [Scouting.Org](#) and/or ideas from the requirements themselves into (2) the [parts of a quality Den Meeting](#)

**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*



The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Everyday Tech

A “Technology” Adventure

**ELECTIVE** (2 “electives” are needed to earn the Rank of Lion)



## Snapshot of Adventure

Explore how technology has made life easier and the ways to use technology safely.



The QR Code above takes you to [scouting.org/cub-scout-adventures/everyday-tech/](https://scouting.org/cub-scout-adventures/everyday-tech/) ↑

See Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. Discover technology around your home, meeting place, or neighborhood.
2. Discover ways that digital technology can make life easier.
3. Identify an item of digital technology you use at home. Demonstrate to your Lion adult partner how you use it safely.

## Meeting Plan

**Does this take one Meeting to complete – or more?** It's up to the Parents / Leaders! As written, you can do this in a single 60-minute session, but since this is dry stuff, you might layer in games and fun.

**PREPARATION (and materials needed):** Read the Everyday Tech Adventure in the Lion Handbook.



- As always, decide whether you like any of the “Activity Card” options for the Requirements or the suggested activities below or some other way to deliver this Adventure.
  - For Requirement 1, do a test walk to identify what tech, especially outside your meeting place.
  - For Requirement 2, do you want to try charades or just talk? Or have an older adult talk.

### A Tip About Den Meetings for Kindergarten Kids:

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they’ll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is “A Game with a Purpose”, maybe Lion Dens are “A Play Date with a Purpose” – and there’s nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners to host.



**GATHERING:** A “gathering” activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and “share the leader load”: everyone can help with something! A good approach is for different parents (or teams) to share the “lead” of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, “we’ve begun” and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at Adventure Resources – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some “talk time” where you (1) discuss today’s Adventure activities (what you’ll do, how you’ll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share “what’s new” with them and get to know each other better.

◆ **Activity 1: Discover Technology Around Us (Requirement 1:** “Discover technology around your home, meeting place, or neighborhood.”) (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of “I Spy” Technology (I Spy Game Pointing Out Tech) and [What is Technology?](#) (Handbook Crayon Activity). Use what you like – or something else. The plan below adapts the substance of the Requirement walking around and outside your meeting place (feel free to “I Spy”).

- Gather the Scouts and adult partners and share with them that technology is all around us and sometimes we use something that we don’t even realize is technology.
- Take a walk around your meeting location (inside and outside, maybe a brief walk around the neighborhood) and identify what type of technology is around.
  - Have Scouts work with their adult partners to identify technology –
  - You might find indoor and personal technology like ♦ Lights and Light Switches ♦ Adult Cellphones ♦ Computers ♦ Headphones ♦ Wristwatches ♦ Exit Signs ♦ ...
  - You might find outdoor technology like ♦ Street Lights ♦ Doorbell Camera ♦ Garbage Truck ♦ Crosswalk Sign ♦ Electronic Signboard ♦ Traffic Signal ...



◆ **Activity 2: Making Technology Work For Us (Requirement 2:** “Discover ways that digital technology can make life easier.”) (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Grocery Shopping Tech](#) (Grocery App Scavenger Hunt), [Making Life Easier](#) (Handbook Crayon Activity), and [Technology Memory Game](#) (Card Match Game). Use what you like – or something else. The plan below adapts the substance of the Requirement for a chat.

How We Used To Do Things	How We Can Do Things Now
Washing dishes by hand	Dishwasher
Washing clothes by hand	Washing machine
Hanging out clothes to dry	Dryer
Writing a letter by hand	Sending a text
Playing a game of cards	Video game
Riding a horse	Driving a Car
Keeping warm by a fire	Heater
Keeping cool with a hand fan	Air conditioning
Candles for light	Electric Lights, Flashlights
Sawing something by hand	Table saw or electric saw
Cooking over a fire	Stovetops / Oven / Microwave



Or gather the Scouts and adult partners and have Scouts ask their adult partner how their parents would do things, how they did things when they were growing up, and how technology has made it easier to do those things. Maybe some of the examples above, and maybe questions like these:

- How did your parents talk to a friend after school? How do you talk to your friends now?
- What things in the kitchen would your parents use for meals? What things do you use to make meals?
- How did your parents keep track of birthdays, holidays, and other events? How do you keep track?
- How did your parents learn about a topic in school? How did you learn? How do students learn today?
- What is one of your favorite pieces of technology that makes your life easier?

◆ **Activity 3: Digital Technology Safety (Requirement 3:** *"Identify an item of digital technology you use at home. Demonstrate to your Lion adult partner how you use it safely."*) (Parent leader: \_\_\_\_\_)

The Adventure Resources offer an Activity Card of [Be Safe with Technology Lion](#), adapted below.

- Gather Scouts and adult partners and share with them that technology can make our life easier or be very entertaining, but we need to make sure that we discuss what the rules are about digital devices at home.
- Ask adult partners who are willing to share what their family rules are about technology with the group.
- After each adult partner has shared with the den have each Scout discuss their family rules about digital devices. To help guide the conversations consider these questions:
  - What time during the day or evening can a digital device be used?
  - Are there different times for different devices?
  - What controls are in place to ensure that these times are being followed?
  - What controls are in place to ensure that if a device is online and that everyone in the family is safe from strangers?
  - Where are digital devices allowed?
  - If the device is connected to the internet or cellular service, is it allowed behind closed doors?
  - Are there rewards for following the rules and are their defined consequences for breaking the rules?

◆ **Activity 4:** [OPTION: Fun Game We Like (Parent leader: \_\_\_\_\_):

If this meeting is too dry or the games in the Activity Cards in Adventure Resources don't resonate with you as something your Scouts will like, you can turn up the "Fun Meter" and play a game or some other Fun Activity you like. Some [Ideas Here](#).



**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a “Living Circle”.

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that’s what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack’s tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and “Activity Card” options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/everyday-tech/>. Those resources include the Snapshot of Adventure (included above), a “Safety Moment” of tips and links about doing this safely, and, for each Requirement, one or more “Activity Cards” you can click on for an activity to complete the Requirement.

Those “Activity Card” pages are linked below – along with the “Key” scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How “Supply Intensive”; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being “most”. Note that while that website page says, “Choose one of the following” before the “Activity Cards”, what that means is “Choose one of the following – *or do some other activity that will meet the Requirement*”, because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what’s below or other ways to complete the requirement in easier ways.

**1. Discover technology around your home, meeting place, or neighborhood.**

- [“I Spy” Technology](#) (Indoor; 2 of 5 Energy; 1 of 5 Supplies; 1 of 5 Prep Time)
- [What is Technology?](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)

**2. Discover ways that digital technology can make life easier.**

- [Grocery Shopping Tech](#) (Travel; 3 of 5 Energy; 4 of 5 Supplies; 3 of 5 Prep Time)
- [Making Life Easier](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)
- [Technology Memory Game](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)

**3. Identify an item of digital technology you use at home. Demonstrate to your Lion adult partner how you use it safely.**

- [Be Safe with Technology Lion](#) (Indoor; 1 of 5 Energy; 1 of 5 Supplies; 1 of 5 Prep Time)

# Assembled Den Meeting Plan – LION (Kindergarten)

This is an **Assembled Den Meeting Plan** created by combining (1) activities from [Lion Adventures Den Meeting Resources](#) found at [Scouting.Org](#) and/or ideas from the requirements themselves into (2) the [parts of a quality Den Meeting](#)



**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Gizmos and Gadgets

An “Engineering” Adventure

**ELECTIVE (2 “electives” are needed to earn the Rank of Lion)**



## Snapshot of Adventure

Lions with their adult partner will build a useful object together and explore the properties of motion and force.



The QR Code above takes you to [scouting.org/cub-scout-adventures/gizmos-and-gadgets/](https://scouting.org/cub-scout-adventures/gizmos-and-gadgets/) ↑

See Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. Explore properties of motion.
2. Explore properties of force.
3. Use household materials to create a useful object.

## Meeting Plan

**Does this take one Meeting to complete?** Easily done in a single 60-minute session. But if they really get into the games / fun / toys / playground forces, do more than one session.

**PREPARATION (and materials needed):** Read the Gizmos and Gadgets Adventure in the Lion Handbook.

- As always, decide whether you like any of the “Activity Card” options for the Requirements or the suggested activities below or some other way to deliver this Adventure.



- When you decide, check the materials and supplies you need.

### A Tip About Den Meetings for Kindergarten Kids:

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they'll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is "A Game with a Purpose", maybe Lion Dens are "A Play Date with a Purpose" – and there's nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners to host.



**GATHERING:** A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at Adventure Resources – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆ **Activity 1: Motion: Making Things Move (Requirement 1: "Explore properties of motion.")** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Jumping Cars](#) (Hot Wheels and Tips to Build a Cardboard Ramp), [Moving Marbles](#) (Marble Game), [On a Roll](#) (Rolling 4 Different Size/Weight Balls), and [Ping Pong Ball Derby](#) (Racing Ping Pong Balls Using a Straw).

- Use what you like – and/or something else.
  - Use them all if you like!
- Gather the Scouts and adult partners and inform them that in this activity they are going to explore the property of motion.
  - Motion is simply when something moves.
  - We are going to explore how things move. (Marbles, Cars, Balls, etc.)
- Or, if you're on a playground, ask your Scouts how they move? That's "motion"!
  - Yes, running around, changing directions, playing tag, swinging on a swing, seesaw on a seesaw.
  - All are different types of motion.
- Some videos at <https://southfultonscouting.com/node/5290> can help explain motion.

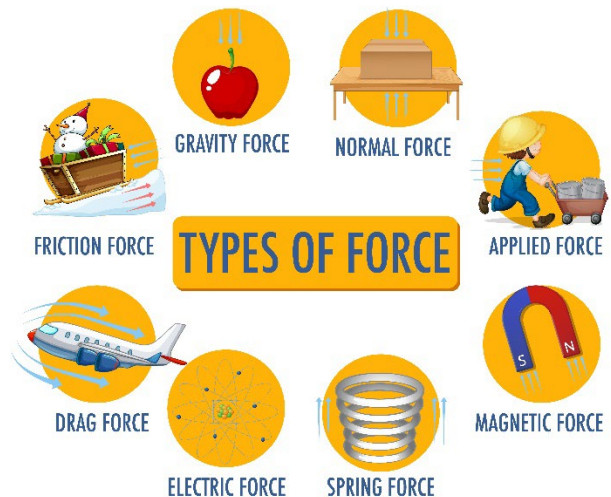


◆ **Activity 2: May The Force (Requirement 2: "Explore properties of force.")** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Cars That Run On Air](#) (Run a Balloon Car – P.S., You Could Put the Balloon on a Car Already Built, like a Pinewood Derby Car or Toy Car), [Does This Thing Fly?](#) (Paper Airplanes), and [The Force Pushes and Pulls](#) (Handbook Crayon Activity if that's fun for your Scouts).

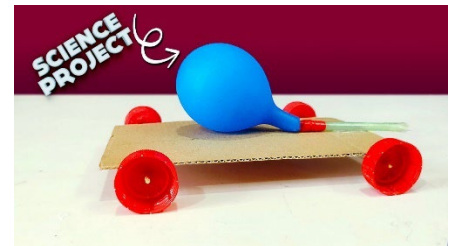
- Use what you like – or something else – or do all of those. Or many other activities. More below.

- To demonstrate force, the Balloon Car is great ... but so is just blowing up and releasing balloons to see where they go!
- How about magnets? Magnetic force is a thing. Attracts and repels.
- What is the force used in a slinky? One is gravity.
- At a playground, have your Scouts sit on a swing.
  - Ask about how you should help your Scout start to swing.
  - When your Scout answers “push me!”, tell your Scout that push is a “force” that starts the motion.
  - When you swing your legs back and forth to keep going, that’s a force too!
- And what stops the swinging? Two other forces:
  - Mostly, it’s the force of gravity. Gravity forces the swing to the bottom.
  - Also, friction with the air slows you down. That’s harder to feel, but it’s real.
- Running and climbing takes force too.
- How many ways do you use force in playing at the playground?

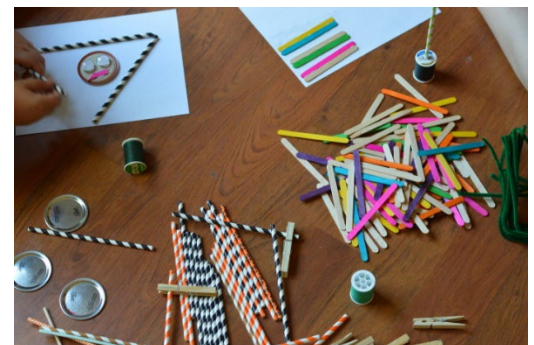


◆ **Activity 3: Make an Object (Requirement 3: “Use household materials to create a useful object.”)** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [2 Liter Bird Feeder](#) (Build a Bird Feeder Out of a Plastic Bottle with Adult Directions), [2 Liter Bunny Planter](#) (Build a Planter of a Plastic Bottle with Adult Directions), and [Lion Pinewood Derby Car Display](#) (Build a Wooden Display Stand with Adult Directions). Use what you like – or something else.



- If you wanted a more fun build thing maybe go back to [Cars That Run On Air](#) and build that car.
- There’s lots of items your Scout can make – and you’ll find links to specific items in the pages and videos linked at <https://southfultonscouting.com/node/5290> – but here’s a simple one.
  - And this involves absolutely no adult direction about what the Scouts are to build.
  - Because, after all, this is supposed to be an “engineering” Adventure where Scouts design!!
- Welcome to the **Genius Kit!** (Assembly required.)
  - The concept is you give your Scouts a collection of a group of 10 to 15 or more odds and ends thrown together into a container and given to a Scout to turn into something.
- **Materials Needed.** For each Scout, a bag or other container with 10 to 15 or so odd items you have just lying around the house, so maybe ice cream sticks, marbles, corks, aluminum foil, paper clips, binder clips, golf tee, rubber bands, wire hanger, nuts and bolts, washers, screws, empty containers/cans, empty plastic bottles, straws, thread or twine, paper plates, plastic bowls.
  - Other stuff you have in your drawers that you don’t know why you still have – this is why!
  - Also include glue and tape for putting things together.
- Have your Scouts put together a “gadget” with the items provided in the “genius kit.”
  - And what your Scouts build is – up to each Scout’s imagination.



- The object is to let the kids use their imaginations to come up with some of the most unbelievable creations from the junk they have.
- Does it have to be “useful”? If it is useful in helping Scouts imagine, create and design, that’s useful!
- (You can play too if you give yourself a similar genius kit – use identical objects.)

◆ **Activity 4:** [OPTION: Fun Game We Like (Parent leader: \_\_\_\_\_)]:

If this meeting is too dry or the games in the Activity Cards in Adventure Resources don’t resonate with you as something your Scouts will like, you can turn up the “Fun Meter” and play a game or some other Fun Activity you like. Some [Ideas Here](#).



**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a [“Living Circle”](#).

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that’s what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack’s tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and “Activity Card” options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/gizmos-and-gadgets/>. Those resources include the Snapshot of Adventure (included above), a “Safety Moment” of tips and links about doing this safely, and, for each Requirement, one or more “Activity Cards” you can click on for an activity to complete the Requirement.

Those “Activity Card” pages are linked below – along with the “Key” scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How “Supply Intensive”; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being “most”. Note that while that website page says, “Choose one of the following” before the “Activity Cards”, what that means is “Choose one of the following – *or do some other activity that will meet the Requirement*”, because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what’s below or other ways to complete the requirement in easier ways.

**1. Explore properties of motion.**

- [Jumping Cars](#) (Indoor; 2 of 5 Energy; 4 of 5 Supplies; 3 of 5 Prep Time)
- [Moving Marbles](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [On a Roll](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 2 of 5 Prep Time)
- [Ping Pong Ball Derby](#) (Indoor; 3 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)

**2. Explore properties of force.**

- [Cars That Run On Air](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 3 of 5 Prep Time)
- [Does This Thing Fly?](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)
- [The Force Pushes and Pulls](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)

**3. Use household materials to create a useful object.**

- [2 Liter Bird Feeder](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [2 Liter Bunny Planter](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 3 of 5 Prep Time)
- [Lion Pinewood Derby Car Display](#) (Indoor; 2 of 5 Energy; 4 of 5 Supplies; 4 of 5 Prep Time)



# Assembled Den Meeting Plan – LION (Kindergarten)

This is an **Assembled Den Meeting Plan** created by combining (1) activities from [Lion Adventures Den Meeting Resources](#) found at [Scouting.Org](#) and/or ideas from the requirements themselves into (2) the [parts of a quality Den Meeting](#)



**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Count On Me

A “Math” Adventure

**ELECTIVE** (2 “electives” are needed to earn the Rank of Lion)



## Snapshot of Adventure

Discover basic geometric shapes and their use in arts and crafts.



The QR Code above takes you to [scouting.org/cub-scout-adventures/count-on-me/](https://scouting.org/cub-scout-adventures/count-on-me/) ↑

See Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. **Make a Lion using only squares, triangles, and circles.**
2. **Play a game with your Lion adult partner or den that is based on counting or numbers.**
3. **Organize a group of items based on shape, then based on color, and one other category. Count how many different shapes are in each category. After organizing them build anything using only one category.**

## Meeting Plan

**Does this take one Meeting to complete – or more?** It's up to the Parents / Leaders! As written, you can do this in a single 60-minute session, but if they are really having fun with the activities, finish up in a second.

**PREPARATION (and materials needed):** Read the Count On Me Adventure in the Lion Handbook.

- As always, decide whether you like any of the “Activity Card” options for the Requirements or the suggested activities below or some other way to deliver this Adventure.



- When you decide, check the materials and supplies you need, like scissors, crayons, game supplies.

### A Tip About Den Meetings for Kindergarten Kids:

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they'll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is "A Game with a Purpose", maybe Lion Dens are "A Play Date with a Purpose" – and there's nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners to host.



**GATHERING:** A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

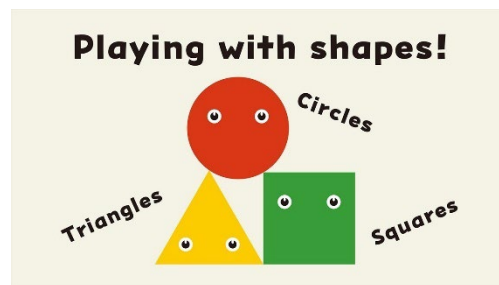
**ACTIVITIES** (See also other Activities linked at Adventure Resources – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆ **Activity 1: Squares, Triangles and Circles (Requirement 1:** "Make a Lion using only squares, triangles, and circles.") (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Clay Lion](#) (Clay Shapes), [Stencil Lion](#) (Stencil Shapes), and [Triangles, Circles and Squares Oh My!](#) (Handbook Shapes – Cut Out and Use). Use what you like – or something else. The plan below adapts the substance of each Activity Card and the Requirement.

- Gather the Scouts and adult partners and share with them that shapes are all around us and if we look, we can see circles, squares, triangles, and other shapes in everyday objects like a car, a house, or even a tree.
- Inform the Scouts and adult partners that for this activity they will make a Lion out of basic shapes.
- Share the shapes you have for creation of the Lion.
- If using the Handbook Shapes, you'll need to have adult partners help their Scouts cut out the shapes.



◆ **Activity 2: Number Game (Requirement 2:** "Play a game with your Lion adult partner or den that is based on counting or numbers.") (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Hop to it Lion](#) (Play Hopscotch!), [Lion Dominos](#) (Play Dominos), and [Lions, Dimes, Nickels, and Pennies](#) (Count Coins).

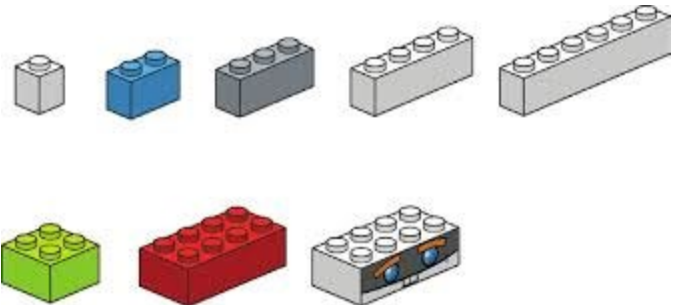
- Use all that you like – and/or something else.
- Other games with numbers include bingo, card games, dice, anything where you count (like how many Jenga did you pull out before it fell).



◆ **Activity 3: Organize Shapes – Build Something! (Requirement 3:** “Organize a group of items based on shape, then based on color, and one other category. Count how many different shapes are in each category. After organizing them build anything using only one category.”) (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Count the Shapes in My Face](#) (Handbook Crayon Exercise) and [Modular Building Blocks](#) (Build Something Out of Legos). Use what you like – or something else. The plan below adapts the substance of Legos and the Requirement.

- Gather the Scouts and adult partners and prepare groups of LEGOS building blocks for each Scout to use.
  - Share with them that in this activity they are going to sort LEGO building blocks and then have a building challenge.
- Give each Scout a small pile of LEGO building blocks and give them instructions to sort the LEGO building blocks first by color.
  - Have them share how many of each color they had in their pile.
- When everyone has sorted by color have them put the LEGO building blocks back in the pile and have them sort by shape.
  - Common shapes would be square and rectangle, maybe different sizes, maybe others.
  - Have them share how many of each shape they had in their pile.
- When everyone has sorted by shape have them put the LEGO building blocks back in the pile and have them sort the bricks by height.
  - One pile are the flat pieces, the second pile are the traditional brick size.
  - Have them share how many of each they had in their pile.
- Have everyone combine their piles of LEGO building blocks into one large pile.
  - Assign a different color to each Scout based on the color of LEGO building blocks that are in the pile. Or assign a different type to each Scouts based on the types in the pile.
  - Have Scouts build something creating only using the color they were assigned.



◆ **Activity 4: [OPTION: Fun Game We Like** (Parent leader: \_\_\_\_\_):

If this meeting is too dry or the games in the Activity Cards in Adventure Resources don't resonate with you as something your Scouts will like, you can turn up the “Fun Meter” and play a game or some other Fun Activity you like. Some [Ideas Here](#).



**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a [“Living Circle”](#).

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and “Activity Card” options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/count-on-me/>. Those resources include the Snapshot of Adventure (included above), a “Safety Moment” of tips and links about doing this safely, and, for each Requirement, one or more “Activity Cards” you can click on for an activity to complete the Requirement.

Those “Activity Card” pages are linked below – along with the “Key” scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How “Supply Intensive”; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being “most”. Note that while that website page says, “Choose one of the following” before the “Activity Cards”, what that means is “Choose one of the following – *or do some other activity that will meet the Requirement*”, because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what’s below or other ways to complete the requirement in easier ways.

**1. Make a Lion using only squares, triangles, and circles.**

- [Clay Lion](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 2 of 5 Prep Time)
- [Stencil Lion](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 2 of 5 Prep Time)
- [Triangles, Circles and Squares Oh My!](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)

**2. Play a game with your Lion adult partner or den that is based on counting or numbers.**

- [Hop to it Lion](#) (Indoor; 3 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [Lion Dominos](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)
- [Lions, Dimes, Nickels, and Pennies](#) (Indoor; 4 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)

**3. Organize a group of items based on shape, then based on color, and one other category. Count how many different shapes are in each category. After organizing them build anything using only one category.**

- [Count the Shapes in My Face](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)
- [Modular Building Blocks](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 1 of 5 Prep Time)

# Assembled Den Meeting Plan – LION (Kindergarten)

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**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
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- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Build It Up, Knock It Down

A “Building and Fun” Adventure

**ELECTIVE** (2 “electives” are needed to earn the Rank of Lion)



## Snapshot of Adventure

Lions will have fun building a structure on their own and as a team.



The QR Code above takes you to [scouting.org/cub-scout-adventures/build-it-up-knock-it-down/](https://scouting.org/cub-scout-adventures/build-it-up-knock-it-down/) ↑

See Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. With your Lion adult partner, build a structure.
2. With your den or family, build a structure.
3. Build something that is designed to be knocked down.

## Meeting Plan

**Does this take one Meeting to complete – or more?** It's up to the Parents / Leaders! As written, you can do this in a single 60-minute session, but if the three building items are a lot of fun and the Scouts are having a good time, feel free to extend to another session and add fun games of any type.

**PREPARATION (and materials needed):** Read the Build It Up, Knock It Down Adventure in the Handbook.



- As always, decide whether you like any of the “Activity Card” options for the Requirements or the suggested activities below or some other way to deliver this Adventure.
  - When you decide, check the materials and supplies you need.
  - Probably paper and scissors, cardboard or cards, maybe building blocks.

### A Tip About Den Meetings for Kindergarten Kids:

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they’ll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is “A Game with a Purpose”, maybe Lion Dens are “A Play Date with a Purpose” – and there’s nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners to host.



**GATHERING:** A “gathering” activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and “share the leader load”: everyone can help with something! A good approach is for different parents (or teams) to share the “lead” of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, “we’ve begun” and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at Adventure Resources – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some “talk time” where you (1) discuss today’s Adventure activities (what you’ll do, how you’ll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share “what’s new” with them and get to know each other better.

◆ **Activity 1: Build a Structure (Requirement 1: “With your Lion adult partner, build a structure.”)** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Building Block House](#) (Legos), [Cardboard Skyscraper](#) (Build Out of Cardboard Boxes and Pieces), and [Gingerbread House](#) (Yum!). Use what you like – or something else.

- Other materials could be Lincoln Logs, TinkerToys, paper towel and toilet paper rolls, or plastic cups. Can you build a house of cards? Sure, why not.
- Gather the Scouts and adult partners.
  - Share with them that during this activity each Scout will work with their adult partner to build a structure.
  - They get to choose what to build. A house? A bridge? A carnival ride? A boat? A car?
- Share what materials you’re going to make available to for Scouts and adult partners to make the structure.



- Build away!

◆ **Activity 2: Build Another Structure (Requirement 2: “With your den or family, build a structure.”)** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Cup Pyramid](#) (Plastic Cups), [Pillow and Blanket Fort](#) (Of Course!), and [We Built This City Out of Card and Board](#) (Shoeboxes and Other Cardboard Boxes *While Jamming Out to Jefferson Starship*). Use what you like – or something else. This is just like the previous Activity/Requirement, except that you do with more than just your adult partner – here, with your den.

- Other materials could be Lincoln Logs, TinkerToys, paper towel and toilet paper rolls, or Legos. Can you build a house of cards? Sure, why not.
- Gather the Scouts and adult partners.
  - Share with them that during this activity the den will work together to build a structure.
  - Discuss what to build. A neighborhood? A bridge? A carnival ride? A robot? Build the Wall?
- Share what materials you’re going to make available to for Scouts and adult partners to make the structure.



◆ **Activity 3: Build It Up, Knock It Down (Requirement 3: “Build something that is designed to be knocked down.”)** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Blow My House Down](#) (Handbook Cutout and Folding), [Build It Up and Knock It Down Relay](#) (Plastic Cup Relay Race), and [Down Goes the Dominoes](#) (!!!). Use what you like – or something else.

- Gather the Cub Scouts and adult partners.
- Inform them that in this activity they are going to build something that is not designed to last, it’s going to get knocked down.
- What you build is up to you.
  - A Jenga Tower? Absolutely. That game is all about building up and then knocking down!
  - A row of dominoes? More! Longer!
  - Cups? Boxes? Paper Design from Handbook? It’s all good.



◆ **Activity 4: [OPTION: Fun Game We Like** (Parent leader: \_\_\_\_\_):

If this meeting is too dry or the games in the Activity Cards in Adventure Resources don’t resonate with you as something your Scouts will like, you can turn up the “Fun Meter” and play a game or some other Fun Activity you like. Some [Ideas Here](#).



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- If you have them, award Loops to all who completed the requirements. Maybe end with a [“Living Circle”](#).

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**1. With your Lion adult partner, build a structure.**

- [Building Block House](#) (Indoor; 2 of 5 Energy; 4 of 5 Supplies; 2 of 5 Prep Time)
- [Cardboard Skyscraper](#) (Indoor; 3 of 5 Energy; 4 of 5 Supplies; 3 of 5 Prep Time)
- [Gingerbread House](#) (Indoor; 2 of 5 Energy; 4 of 5 Supplies; 2 of 5 Prep Time)

**2. With your den or family, build a structure.**

- [Cup Pyramid](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [Pillow and Blanket Fort](#) (Indoor; 3 of 5 Energy; 3 of 5 Supplies; 2 of 5 Prep Time)
- [We Built This City Out of Card and Board](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 3 of 5 Prep Time)

**3. Build something that is designed to be knocked down.**

- [Blow My House Down](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [Build It Up and Knock It Down Relay](#) (Indoor; 5 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [Down Goes the Dominoes](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)

# Assembled Den Meeting Plan – LION (Kindergarten)

This is an **Assembled Den Meeting Plan** created by combining (1) activities from [Lion Adventures Den Meeting Resources](#) found at [Scouting.Org](#) and/or ideas from the requirements themselves into (2) the [parts of a quality Den Meeting](#)



**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# I'll Do It Myself

A “Self-Reliance” Adventure

**ELECTIVE** (2 “electives” are needed to earn the Rank of Lion)



## Snapshot of Adventure

Establishing good habits of hygiene and self-reliance is the focus of this Adventure.



The QR Code above takes you to [scouting.org/cub-scout-adventures/ill-do-it-myself/](https://scouting.org/cub-scout-adventures/ill-do-it-myself/) ↑

See Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. Make and use a “lion bag” for personal Scouting gear.
2. Construct a personal care checklist.
3. Put on your shoes without help. Take them off and put them away.

## Meeting Plan

**Does this take one Meeting to complete – or more?** It's up to the Parents / Leaders! As written, you can do this in a single 60-minute session, but this could be a short meeting. But it needs fun games!

**PREPARATION (and materials needed):** Read the I'll Do It Myself Adventure in the Lion Handbook.

- As always, decide whether you like any of the “Activity Card” options for the Requirements or the suggested activities below or some other way to deliver this Adventure.



- When you decide, check the materials and supplies you need.

### **A Tip About Den Meetings for Kindergarten Kids:**

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they'll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is "A Game with a Purpose", maybe Lion Dens are "A Play Date with a Purpose" – and there's nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners to host.



**GATHERING:** A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at Adventure Resources – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆ **Activity 1: Make A "Lion Bag" (Requirement 1: "Make and use a "lion bag" for personal Scouting gear.")**  
(Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Decorating My Lion Bag](#) (Buy Bags from ScoutShop and Put Initials On Them) and [My Lion Bag](#) (Felt and Fabric Paint to Make a Hanging Bag). Use what you like – or something else. The plan below adapts the *idea* of [Decorating My Lion Bag](#) and the Requirement.

- On the main page of the Adventure, the intro to [Decorating My Lion Bag](#) says "Decorate reusable shopping bag to make a Lion bag", but when you click through it's telling you to buy bags from ScoutShop.
  - If you like those bags, buy those bags.
  - If not, let's look at "Decorate reusable shopping bag to make a Lion bag".
- This activity uses reusable paper bags that Scouts can decorate and claim as their own Lion bag.
  - Have bags and crayons, maybe also duct tape to reinforce if needed.
- Gather the Scouts and adult partners and share with them that part of being a good Scout is taking care of your things.
- One way to take care of your things is to have a place to put them when you are not using them.
- Your Lion Handbook, your neckerchief, your neckerchief slide, your Cub Scout belt and Adventure belt loops can all be put away properly in a Lion bag.
- Share reusable paper bags with handles and crayons.
- Have Scouts write their names or initials on their Lion bag so they can properly identify it – more decoration is great!



◆ **Activity 2: Your Personal Care Checklist (Requirement 2: “Construct a personal care checklist.”)** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [My Lion Morning and Evening](#) (Handbook Exercise) and [The Doctor Tells Us To](#) (Medical Guest Speaking). Use what you like – or something else. The plan below adapts the substance of [My Lion Morning and Evening](#) and the Requirement.

- Gather the Scouts and adult partners and share with them that as a Scout we should take care of ourselves.
  - Tell them that there are things you can do every morning to get ready for the day ...
  - ... and things you can do every night to get ready for bed.
- Parents have certainly discussed this with your Scout, but as part of the process of increasing their “I’ll Do It Myself!” independence, talk about what tasks your Scouts can do to take care of himself/herself.
  - Parents should know what next steps you want your Scouts to take and list things they can do for themselves without being told.
- Handbook ideas include:
  - using the bathroom, brushing teeth, getting dressed, eating breakfast, packing their backpack for school, bathing, putting on pajamas, brushing teeth again, bathroom again.
- How about:
  - brushing hair, putting on shoes, putting toys away, feeding a pet, putting clothes away, clearing dishes from the table?



◆ **Activity 3: Shoes! (Requirement 3: “Put on your shoes without help. Take them off and put them away.”)** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Are Those My Shoes?](#) (Take Off Your Shoes – Throw Them In A Pile – Go Get ‘Em!) and [Shoes On or Shoes Off?](#) (Shoe Etiquette in Many Homes). Use what you like – or something else. The plan below adapts the substance of [Are Those My Shoes?](#) because fun!

- Before playing the game, share with the Scouts that they are old enough to learn how to take care of their shoes and being able to put them on and off on their own.
  - Ask Scouts where they put their shoes when they are not wearing them.
  - If needed, have adult partners work with their Scouts for a few minutes to have the Scouts properly take off and put on their shoes before playing the game.
- Play several rounds of the “Are Those My Shoes?” game.
- This is a game where everyone takes their shoes off and mixes them in a pile.
  - Then on a signal, they run to the pile to find and put on their shoes.
- Tip: if any of your Scouts wear the same type of shoe, be sure adult partners have marked them, so they go home with the correct shoes.
- Bonus Tip: do this with adult partners too!
- Bonus Bonus Tip: Play where Scouts find (and put on) their adult partner’s shoes, and adults find (and try to put on) their Scout’s shoes!



If you like, share some added shoe etiquette.

- Share with Scouts and adult partners that in many parts of Asia, Eastern Europe, and the Middle East, shoes are never worn inside homes, and it can be seen as a sign of disrespect for guests to enter a host's home without leaving their shoes at the door.
  - If you go to a friend's house, you should ask if it is OK to keep your shoes on.
  - For some, this is a tradition that may be based on keeping the home a sacred place.
  - It may also be based on keeping outside dirt from entering the house!

◆ **Activity 4:** [OPTION: Fun Game We Like (Parent leader: \_\_\_\_\_)]:

If this meeting is too dry or the games in the Activity Cards in Adventure Resources don't resonate with you as something your Scouts will like, you can turn up the "Fun Meter" and play a game or some other Fun Activity you like. Some [Ideas Here](#).



**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a "Living Circle".

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and "Activity Card" options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/ill-do-it-myself/>. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says, "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

**1. Make and use a "lion bag" for personal Scouting gear.**

- [Decorating My Lion Bag](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 2 of 5 Prep Time)
- [My Lion Bag](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 3 of 5 Prep Time)

**2. Construct a personal care checklist.**

- [My Lion Morning and Evening](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [The Doctor Tells Us To](#) (Indoor; 1 of 5 Energy; 1 of 5 Supplies; 5 of 5 Prep Time)

**3. Put on your shoes without help. Take them off and put them away.**

- [Are Those My Shoes?](#) (Indoor; 4 of 5 Energy; 1 of 5 Supplies; 1 of 5 Prep Time)
- [Shoes On or Shoes Off?](#) (Indoor; 3 of 5 Energy; 1 of 5 Supplies; 1 of 5 Prep Time)

# Assembled Den Meeting Plan – LION (Kindergarten)

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**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

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- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# On Your Mark

A “Games and Running Around” Adventure

**ELECTIVE** (2 “electives” are needed to earn the Rank of Lion)



## Snapshot of Adventure

Play active games with your family and den, including a box derby race.



The QR Code above takes you to [scouting.org/cub-scout-adventures/on-your-mark/](https://scouting.org/cub-scout-adventures/on-your-mark/) ↑

See Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. **Play a game with your den.**
2. **Participate in an obstacle course relay.**
3. **Build a box derby and participate in a race.**

## Meeting Plan

**Does this take one Meeting to complete – or more?** It's up to the Parents / Leaders! As written, you can do this in a single 60-minute session, but if you want to get elaborate with a lot of fun and decorated boxes, maybe you do two sessions with longer games! P.S.: “Box Derby” is not big “Boxcar Derby” cars.

**PREPARATION (and materials needed):** Read the On Your Mark Adventure in the Lion Handbook.

- As always, decide whether you like any of the “Activity Card” options for the Requirements or the suggested activities below or some other way to deliver this Adventure.



- When you decide, check the materials and supplies you need – boxes for the derby, for sure!

### A Tip About Den Meetings for Kindergarten Kids:

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they'll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is "A Game with a Purpose", maybe Lion Dens are "A Play Date with a Purpose" – and there's nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners to host.



**GATHERING:** A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at Adventure Resources – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆ **Activity 1: Play a Game! (Requirement 1: "Play a game with your den.")** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Lion Red Light Green Light](#) (Classic Game), [Roll the Dice](#) (Yahtzee™), and [Speed Gaming](#) (Board Games Rotation). Use what you like – or something else. The plan below adapts [Red Light Green Light](#) because it's active – find a big field or other space free of obstacles.

- Gather the Scouts and adult partners and share with them that this activity is about having fun, but also practicing the Scout Oath and Scout Law as we play.
- Ask Scouts and adult partners to look at the back of the Lion handbook and one at a time share a point of the Scout Law that they feel is important to follow when playing a game.

Tell the Scouts and adult partners that we will play Red Light Green Light. Here's how:

- Start with everyone along the starting line, with the game leader at the finish line about 60 ft away.
- When the game leader says 'Green Light' everyone will move towards the finish line.
- When the game leader says 'Red Light' everyone must immediately stop.
- If players are still moving when you call 'Red Light', they must go back to the starting line.
- The game leader may call "Green Light" or "Red Light" multiple times in a row.
- Start a new round when everyone gets across the finish line or when most make it across the finish line.
- Play several rounds as time permits. Adults too!
- When finished gather the Scouts and adult partners and have them share examples of when they were following the Scout Oath and Scout Law.



## ◆ Activity 2: Obstacle Course! (Requirement 2: "Participate in an obstacle course relay.") (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Lion Obstacle Course](#) (Plans for PVC Pipes Assembled into Obstacles), [Playground Obstacle Course](#) (Use Playground Equipment For Your Course), and [Portal Obstacle Course](#) (Various Colors of Painters Tape Mark Course and Mean Do Certain Things). Use what you like – or something else.

The plan below adapts the substance of [Playground](#) because it uses existing facilities, though you can use other materials to add obstacles or exercises.

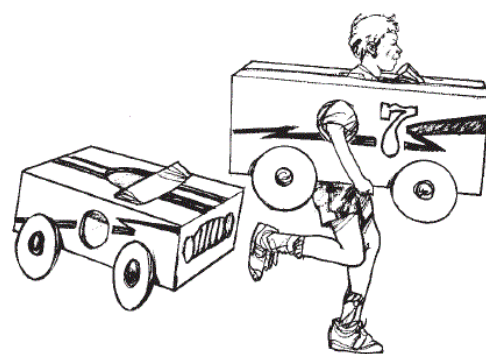
- Identify a local playground that has a variety of equipment and develop ideas for making an obstacle course.
- Determine a starting line and a finish line. Here are some examples for obstacles:
  - Slide down the slide.
  - Go around the merry-go-round three times.
  - Cross the monkey bars.
- Extra elements to make it more fun might be a plank of wood for a balance beam, tires to crawl through or run through, cones for run-around, chalk (to draw a path on concrete), hula hoops for jumping, ball and box or bucket for a toss element.
  - Use your location and imagination, keep it fun and keep it safe.
- (Do not create obstacles that use the playground equipment in any other manner other than designed.)
- Give each Scout a turn to run the obstacle course and record how fast they did it.
- Allow each Scout to run the course at least twice to see if they can improve their time.
- Fun Tip: let the Adult Partners run the course – are they faster than their Scouts?



## ◆ Activity 3: Box Derby Race! (Requirement 3: "Build a box derby and participate in a race.") (Parent leader: \_\_\_\_\_)

The Adventure Resources offer an Activity Card of [Lion Box Derby](#), adapted below.

- Find a location: could be indoors, but outdoors in a park or playground is more fun.
- Build your box derby car with a box large enough for the Lion to fit inside.
  - Use markers, glue, pictures, etc. to add any décor to make it look awesome.
  - If you have straps or rope, run those through the box to hang the box car over your Scout's shoulders.
  - Otherwise, a Scout holds the box with their hands.



- Set up the course in a loop so that “laps” can be run. Here’s one possible “run of race” you can do (but you can make up your own rules):
  - The Scouts will run around the track loop stopping at the end of the first three laps for “pit stops”.
  - Pit Stops? The adult partners will be the “pit crew.” The three stops will consist of the following – one for each of the first three laps so that the adult partner can do these three jobs:
    - Lap One – Tire change: At this stop, each Scout will turn one of their socks inside out and put it back on. (Or take their shoes off and put them back on).
    - Lap Two – Refuel: At this stop, each Scout will take a drink of water and/or eat a bite of a snack.
    - Lap Three – Windshield washing: At this stop, the Scout will get sprayed with a bottle of water (gently) or face washed with a wet towel.
  - Scouts line up at the start line. An adult partner says, “Scouts, start your engines.”
  - The Scouts run around the track, stopping at the three pit stops before finishing on the fourth lap.
  - Set up a cheering section at the finish line with a checkered flag to celebrate crossing the finish line.
- After the box car derby race is completed, maybe have a second race with both the Scouts and adult partners. Or one with just the adult partners.

**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a [“Living Circle”](#).

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that’s what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack’s tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and “Activity Card” options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/on-your-mark/>. Those resources include the Snapshot of Adventure (included above), a “Safety Moment” of tips and links about doing this safely, and, for each Requirement, one or more “Activity Cards” you can click on for an activity to complete the Requirement.

Those “Activity Card” pages are linked below – along with the “Key” scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How “Supply Intensive”; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being “most”. Note that while that website page says, “Choose one of the following” before the “Activity Cards”, what that means is “Choose one of the following – *or do some other activity that will meet the Requirement*”, because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what’s below or other ways to complete the requirement in easier ways.

### 1. Play a game with your den.

- [Lion Red Light Green Light](#) (Outdoor; 5 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)
- [Roll the Dice](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 1 of 5 Prep Time)
- [Speed Gaming](#) (Indoor; 2 of 5 Energy; 3 of 5 Supplies; 3 of 5 Prep Time)

### 2. Participate in an obstacle course relay.

- [Lion Obstacle Course](#) (Outdoor; 5 of 5 Energy; 5 of 5 Supplies; 4 of 5 Prep Time)
- [Playground Obstacle Course](#) (Travel; 5 of 5 Energy; 1 of 5 Supplies; 4 of 5 Prep Time)
- [Portal Obstacle Course](#) (Indoor; 5 of 5 Energy; 2 of 5 Supplies; 3 of 5 Prep Time)

### 3. Build a box derby and participate in a race.

- [Lion Box Derby](#) (Outdoor; 5 of 5 Energy; 3 of 5 Supplies; 4 of 5 Prep Time)



# Assembled Den Meeting Plan – LION (Kindergarten)

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**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Pick My Path

A “Character and Games” Adventure

**ELECTIVE** (2 “electives” are needed to earn the Rank of Lion)



## Snapshot of Adventure

Through game play, Lions are exposed to the idea that choices have consequences.



The QR Code above takes you to [scouting.org/cub-scout-adventures/pick-my-path-lion/](https://scouting.org/cub-scout-adventures/pick-my-path-lion/) ↑

See Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. Explain that choices have consequences.
2. Perform a Good Turn for another person.
3. Learn the basic rules of a game and play the game.

## Meeting Plan

**Does this take one Meeting to complete – or more?** It's up to the Parents / Leaders! This is easy to do in a single 60-minute session.

**PREPARATION (and materials needed):** Read the Pick My Path Adventure in the Lion Handbook.

- As always, decide whether you like any of the “Activity Card” options for the Requirements or the suggested activities below or some other way to deliver this Adventure.
  - When you decide, check the materials and supplies you need.



### A Tip About Den Meetings for Kindergarten Kids:

- Which is better? Classroom or Playground? **Yes, Playground!**
  - Better for the Scouts – they'll know what to do at a Playground.
  - Better for the Parents – while the Scouts play you can finalize your plans for the next part of your Cub Scout Adventure content today.
- If Scouting is "A Game with a Purpose", maybe Lion Dens are "A Play Date with a Purpose" – and there's nothing wrong with combining fun with meaning + values!
  - Maybe visit multiple playgrounds during your Lion Year – adult partners to host.



**GATHERING:** A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at Adventure Resources – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆ **Activity 1: Choices Have Consequences! (Requirement 1: "Explain that choices have consequences.")**  
(Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Catch a Lion by the Tic-Tac-Toe](#) (Tic Tac Toe with Handbook Cutouts) and [You Can't Put It Back](#) (Actually Trying to Put Toothpaste Back In The Tube to Make a Point). Use what you like – or something else. The plan below adapts the substance of [Tic-Tac-Toe](#) but without the scissors and such (do that Handbook part if your Scouts really like arts and crafts).

- Gather the Scouts and adult partners and share with them that being a Scout means that we try to always do our best to live by the Scout Law.
  - Explain that in this activity they are going to play a game of tic-tac-toe.
  - If not using the Handbook cutouts, hand out paper and pencils/crayons or other tic tac toe template.
- Have adult partners and their Scouts play several games of tic-tac-toe.
- When everyone is finished playing ask the Scouts, "What are the rules to tic-tac-toe?"
  - Wait for an answer about not being able to take a turn back or that once you move you can't move again.
  - Make the connection that there are things that we do in our life that we cannot take back.
  - When we are mean to other people – we can't take that back.
  - When we lie – we can't take that back either.
  - The things we do we can't take back.
  - It is important to always think about our actions before we do them.
  - It is also important to think about what we are going to say before we say it.
- The video about this Adventure posted at <https://vimeo.com/446874843> has some good content.



◆ **Activity 2: Do A Good Turn Daily (Requirement 2: "Perform a Good Turn for another person.")** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Lion Helping At Home](#) (Chore at Home), [Please, After You](#) (Practice Opening Doors for Others), and [You Look Marvelous](#) (Compliments – Billy Crystal's Fernando Lamas Impersonation Not Required). Use what you like – or something else. The plan below adapts the substance of [Please, After You](#) and [You Look Marvelous](#) – after explaining "good turn".

- "Good Turn"? What's that?
  - Yes, that's an odd and somewhat archaic turn of phrase, but an important one in Scouting.
  - A "good turn" is "a helpful and friendly act; a good deed; a favor".
  - The slogan of Scouts in a "Scouts BSA Troop" is "*do a good turn daily*".
- And while the Adventure only requires one "good turn", rinse and repeat: you all should do good turns daily!

**Courteous – Open the Door for Someone!** Gather the Scouts and adult partners and ask them what do they think the word courteous in the Scout Law means? Allow Scouts to give answers.

- Share that we can think of being courteous when we put the needs of others before our own needs.
  - For example, in this activity, we are going to practice opening the door for our adult partner.
  - You and your adult partner need to go through the door but by opening the door and allowing someone else to go first you are being courteous.
- Have Scouts and adult partners go through the door with the Scout opening the door for their adult partner.
  - Inform the Scouts that you should let the person know that you will get the door for them by saying something like "Let me open the door for you."
  - If they are carrying something you could say "You have your hands full let me open the door for you."



**Kind – Compliment Someone!** Another way to do a "good turn" is to give a kind complement to someone.

- Share that we can think of being kind when we put the needs of others before our own needs.
- We are going to practice being kind by putting other people's feelings first by giving them a compliment.
- Give some examples of compliments that Scouts can practice saying to each other.

You are fun to be with. // You are brave. // You're a great listener. // You have great ideas. // You're a great example to others. // I like being in Scouts with you. // I am glad you are part of our den. // I like how you help others. // You're very good at art. // I like the way you share. // I like how you always do your best. // You tell funny jokes. // You have a great laugh. // You're a good singer // You have a great smile. // You make me happy.

- Pair up Scouts and have them give a compliment to one another then have them switch partners.
- Continue switching until everyone has given and received a compliment from each member of the den.

◆ **Activity 3: Rules of the Game. Play! (Requirement 3: "Learn the basic rules of a game and play the game.")** (Parent leader: \_\_\_\_\_)

The Adventure Resources offer Activity Cards of [Guess What I Am](#) (Charades), [Lion Rock, Paper, Scissors](#), and [Musical Hula Hoops™](#) (Musical Chairs but with Hula Hoops). Use what you like – or something else.

- What you play will be up to what your Scouts like to do. You have so many choices!
- Play, and then discuss what makes a good team member in the game that you played.
- Many more ideas linked at <https://southfultonscouting.com/node/5295>.

**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a “Living Circle”.

**AFTER THE MEETING:** Clean up as needed. Share refreshments if that’s what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack’s tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

**ADVENTURE RESOURCES:** Den Meeting Resources and “Activity Card” options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/pick-my-path-lion/>. Those resources include the Snapshot of Adventure (included above), a “Safety Moment” of tips and links about doing this safely, and, for each Requirement, one or more “Activity Cards” you can click on for an activity to complete the Requirement.

Those “Activity Card” pages are linked below – along with the “Key” scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How “Supply Intensive”; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being “most”. Note that while that website page says “Choose one of the following” before the “Activity Cards”, what that means is “Choose one of the following – *or do some other activity that will meet the Requirement*”, because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what’s below or other ways to complete the requirement in easier ways.

**1. Explain that choices have consequences.**

- [Catch a Lion by the Tic-Tac-Toe](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 1 of 5 Prep Time)
- [You Can’t Put It Back](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)

**2. Perform a Good Turn for another person.**

- [Lion Helping At Home](#) (Indoor; 3 of 5 Energy; 1 of 5 Supplies; 1 of 5 Prep Time)
- [Please, After You](#) (Indoor; 2 of 5 Energy; 1 of 5 Supplies; 1 of 5 Prep Time)
- [You Look Marvelous](#) (Indoor; 1 of 5 Energy; 1 of 5 Supplies; 1 of 5 Prep Time)

**3. Learn the basic rules of a game and play the game.**

- [Guess What I Am](#) (Indoor; 2 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)
- [Lion Rock, Paper, Scissors](#) (Indoor; 1 of 5 Energy; 1 of 5 Supplies; 1 of 5 Prep Time)
- [Musical Hula Hoops™](#) (Indoor; 4 of 5 Energy; 2 of 5 Supplies; 2 of 5 Prep Time)

# Assembled Den Meeting Plan – LION (Kindergarten)

This is an **Assembled Den Meeting Plan** created by combining (1) activities from [Lion Adventures Den Meeting Resources](#) found at Scouting.Org and/or ideas from the requirements themselves into (2) the [parts of a quality Den Meeting](#)



**Assemble** (past tense/past participle: Assembled)

1. gather together in one place for a common purpose. *Synonyms: unite, convene.*
2. fit together the separate component parts of. *Synonyms: combine, bring together.*

The **Parts of a Den Meeting** are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, then alternate energetic and learning activities + add fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) ...

**Why assemble Den Meeting Resources into the parts of a Den Meeting to create a Den Meeting Plan?**

- 1) **To save you the trouble!** This gives context to a leader or a parent about how to do a great den meeting.
- 2) To keep it **fun\*simple\*easy**: while we flag all activity options, we focus on **fun\*simple\*easy** delivery.
- 3) To **increase parent involvement** – this plan has prompts to assign parts of the Plan to attending parents.

## Lion – Kindergarten

# Race Time Lion

A “Racing” Adventure (Pinewood Derby or Raingutter Regatta)

**ELECTIVE** (2 “electives” are needed to earn the Rank of Lion)



## Snapshot of Adventure

The most popular events in Cub Scouting are found in this Adventure, the Pinewood Derby and the Rain gutter Regatta.

Lions and adult partners work together to build and race either a car or a boat.

The QR Code above takes you to [scouting.org/cub-scout-adventures/race-time-lion/](https://scouting.org/cub-scout-adventures/race-time-lion/) ↑

See Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas.

The QR Code to the right takes you to [a District page](#) with other ideas and links that may be helpful in leading a Den Meeting and this Adventure. →



## Requirements from the Lion Handbook

1. With your Lion adult partner, assemble and decorate either a Pinewood Derby® car or a Raingutter Regatta™ boat.
2. Learn the rules of the race for the vehicle chosen in Requirement 1.
3. Before the race, discuss with your Lion adult partner how you will demonstrate good sportsmanship during the race.
4. With your Lion adult partner, participate in a Pinewood Derby or a Raingutter Regatta.



# Meeting Plan

**Does this take one Meeting to complete – or more?** For 99.9% of Scouts, this involves an “assemble and decorate” session followed by a separate Pinewood Derby or Raingutter Regatta.

**PREPARATION (and materials needed):** Read the Race Time Lion Adventure in the Lion Handbook.

- Key decision – Pinewood Derby or Raingutter Regatta.
  - And when and where it will be held. That’s usually a Pack event.
  - But if you have a track and want to have multiple Pack derbies, or Den and Pack derbies, or races like Adult Derby, Family and Friends Derby, “Outlaw” Derby (e.g., heavier cars), Fun Racing as a Recruiting activity at schools, go for it!
- Follow up decisions – where to conduct the “assemble and decorate” sessions.
  - Recruit adult helpers with some skills and tools, like power tools, sanders, paint, brushes, weights.
  - Note: your Cubmaster and Den Leader may not be the most skilled Derby Car or Regatta Boat builder. Many Packs recruit the parents of high performers to help “next year” in Derby Car builds.

**GATHERING:** A “gathering” activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources.*

- Use gathering time to connect with adults and “share the leader load”: everyone can help with something! A good approach is for different parents (or teams) to share the “lead” of parts of the Adventure below.

**OPENING:** (Parent leader: \_\_\_\_\_) An Opening ceremony says, “we’ve begun” and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

**ACTIVITIES** (See also other Activities linked at Adventure Resources – use those if you like them):

◆ **Activity Intro:** (Parent leader: \_\_\_\_\_) As you move into Activities, have some “talk time” where you (1) discuss today’s Adventure activities (what you’ll do, how you’ll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share “what’s new” with them and get to know each other better.

◆ **Activity 1: Build It! (Requirement 1:** “With your Lion adult partner, assemble and decorate either a Pinewood Derby® car or a Raingutter Regatta™ boat.”) (Parent leader: \_\_\_\_\_)

**Pinewood Derby** Assembly and Decoration ideas (see [Pinewood Derby Car Build Day Lion](#) for supplies and materials and other ideas about how to do Pinewood Derby Car assembly):

- **Draw a design for your car.** You can use the Lion Handbook for a template for the design of your car. (Tip: *you will find many design ideas out there on the internet*).
- **Cut out your car from the block of wood.** Cub Scouts may use a handsaw, or an adult may use a power tool to cut out the car. (Tip: *go with the adults on the power saw.*)
- **Sand the car.** Sanding removes any sharp corners and allows paint and other decorations stick better.
- **Paint and decorate your car.** Pinewood Derby cars are made of soft wood. When painted, it may take a couple of layers or coats of paint. Paint the car once.
  - When the paint is dry, you can use sandpaper to lightly sand it.
  - Clean off any dust from sanding and paint it again.
  - This can be repeated until the desired look is achieved.



- **Assemble your car.** Using the nails that came with the kit, attach the wheels that came in the kit to the car in the pre-cut areas on the bottom of the car.
- **Check the weight.** *Do this step last* as everything else will either add or subtract weight from the car. The car should weigh exactly 5 ounces. If it weighs less, additional weight may be added. (Tip: *while you are not allowed to be over-weight, you do **not** want to be under-weight. Weight=speed.*)

**Tip:** Make sure the axles are square, at a 90-degree angle. This will keep the car straight when going down the track. If the axles are not square, the car may want to turn and rub up against the track causing it to slow down. Test the car by simply pushing it across the floor to see if it goes straight.

**Raingutter Regatta Assembly and Decoration** (see [Raingutter Regatta™ Build Day Lion](#) for supplies and materials and other ideas about how to do Pinewood Derby Car assembly):

- **Sand the wooden hulls.** It is easier to sand the wooden hulls before the boat is assembled.
- **Attach the plastic cabin** to the two wooden hulls using the screws provided.
- **Paint and decorate your boat.** If painting, use a primer first; this will help the paint stick to the plastic parts of the boat. The sail may be decorated also.
- **Assemble the sail and mast.** Use a small bit of glue in the hole where the mast will go, then place the mast into the hole. Allow the glue to dry before attaching the sail.

**Tip:** Add wax to the bottom of the boat, the hull, to make it extra smooth. The smoother the hull, the faster the boat can go.

**Idea For A Different Way to Race:** Maybe do a “recycled” Raingutter Regatta with boats made from recycled materials.

- See <https://scoutingmagazine.org/2017/04/make-your-raingutter-regatta-a-recycle-regatta/>.

◆ **Activity 2: Know The Rules! (Requirement 2: “Learn the rules of the race for the vehicle chosen in requirement 1.”)** (Parent leader: \_\_\_\_\_)

You can do [Arrow of Light Scouts Explain the Rules](#) found in the Adventure resources, or just review the rules.

- Most of the rules below relate to how the car is put together.
- That means that Scouts and adult partners will be talking about these as they work together to make the car.
  - Right? Scout and adult. Not “only adult”.
- If a parent is “taking over” and not doing the car build together with their Scout ... *you are doing Cub Scouting wrong!*
- So please share the rules with your Scouts and discuss what you’re doing to follow the rules.



**Common Pinewood Derby Rules** from <https://scoutlife.org/hobbies-projects/pinewood-derby/157283/official-rules/> (read all the way through for some *optional* rules and examples from local Packs, Districts and Councils) – but note that **your local Derby rules may be different.**

- **CAR SPECIFICATIONS:**
  - 1) Width – shall not exceed 2-3/4 inches.
  - 2) Length – shall not exceed 7 inches.
  - 3) Weight – shall not exceed 5 ounces.
  - 4) Width between wheels – 1 3/4"
  - 5) Bottom clearance between car and track – 3/8"

- OTHER RULES:

- 1) Wheel bearings, washers and bushings are prohibited.
- 2) The car shall not ride on springs.
- 3) Only official Cub Scout Grand Prix Pinewood Derby wheels and axles are permitted.
- 4) Only dry lubricant is permitted.
- 5) Details, such as steering wheel and driver are permissible as long as these details do not exceed the maximum length, width and weight specifications.
- 6) The car must be freewheeling, with no starting devices.
- 7) Each car must pass inspection, the owner will be informed of the reason for failure, and will be given time within the official weigh-in time period to make adjustment.
- 8) After final approval, cars will not be reinspected unless the car is damaged in handling or in a race.

**Common Raingutter Regatta Rules** from <https://www.scoutshop.org/blog/5-simple-tips-to-help-cub-scouts-get-ready-for-the-raingutter-regatta-.html> – but note that ***your local Regatta rules may be different.***

- 1) You must use all the pieces in the Trimaran Boat Kit.
- 2) You cannot add weights to your sailboat.
- 3) No sails may be used other than the one supplied in the official kit.
- 4) The sail must be mounted on the mast using holes provided in the sail. The sail may be glued to the mast at the two points of contact with holes in the sail.
- 5) You cannot glue your sail to any other point of the hull.
- 6) The maximum length is 6 3/4" long, and the minimum length should be no less than the length of the hull provided in the kit.
- 7) The mast may not be shortened.

◆ **Activity 3: Be A Good Sport! (Requirement 3:** *"Before the race, discuss with your Lion adult partner how you will demonstrate good sportsmanship during the race."*) (Parent leader: \_\_\_\_\_)

You can do the role-playing [Good Sportsmanship for the Race](#) activity found in the Adventure resources, or just discuss.

- Gather Scouts and Adult Partners and explain that during the race we want to show good sportsmanship.
  - Ask Scouts what do they think good sportsmanship means?
- Ask Scouts what parts of the Scout Law should we follow to demonstrate good sportsmanship? Maybe:
  - Trustworthy (we follow the rules of fair play, and don't try to get an unfair advantage)
  - Loyal (we're always supporting our fellow Scouts, even if they come in first and we don't)
  - Helpful (by helping with the setup and game play)
  - Friendly (we'll all friends as fellow Scouts, even in a race competition)
  - Courteous (for good sportsmanship and listening to instructions)
  - Kind (be caring and supportive of our fellow Scout racers)
  - Obedient (we follow the rules and instructions)
  - Cheerful (we're having fun even if we don't come in first)



◆ **Activity 4: Race On! (Requirement 4:** *"With your Lion adult partner, participate in a Pinewood Derby or a Raingutter Regatta."*) (Parent leader: \_\_\_\_\_)

Pretty simple – if you've got your car or boat, enter your Derby or Regatta and have fun!

◆ **Activity 5: [OPTION: Fun Games We Like (Parent leader: \_\_\_\_\_):**

If the assemble sessions find your Scouts disinterested or they get bored when racing is under delay (as it often is while tracks and timing are tweaked), you can turn up the “Fun Meter” and play a game or some other Fun Activity you like. Some [Ideas Here](#).



**CLOSING:** A Closing ceremony ends the meeting and highlights the achievements – for a Derby or Regatta you may have a big ceremony with various trophies, ribbons or other awards. Den and/or Pack leaders can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements.

**ADVENTURE RESOURCES:** Den Meeting Resources and “Activity Card” options for this Adventure are found at <https://www.scouting.org/cub-scout-adventures/race-time-lion/>. Those resources include the Snapshot of Adventure (included above), a “Safety Moment” of tips and links about doing this safely, and, for each Requirement, one or more “Activity Cards” you can click on for an activity to complete the Requirement.

Those “Activity Card” pages are linked below – along with the “Key” scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How “Supply Intensive”; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being “most”. Note that while that website page says “Choose one of the following” before the “Activity Cards”, what that means is “Choose one of the following – *or do some other activity that will meet the Requirement*”, because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what’s below or other ways to complete the requirement in easier ways.

- 1. With your Lion adult partner, assemble and decorate either a Pinewood Derby® car or a Raingutter Regatta™ boat.**
  - [Pinewood Derby Car Build Day Lion](#) (Indoor; 3 of 5 Energy; 5 of 5 Supplies; 4 of 5 Prep Time)
  - [Raingutter Regatta™ Build Day Lion](#) (Indoor; 3 of 5 Energy; 2 of 5 Supplies; 4 of 5 Prep Time)
- 2. Learn the rules of the race for the vehicle chosen in Requirement 1.**
  - [Arrow of Light Scouts Explain the Rules](#) (Indoor; 1 of 5 Energy; 2 of 5 Supplies; 5 of 5 Prep Time)
- 3. Before the race, discuss with your Lion adult partner how you will demonstrate good sportsmanship during the race.**
  - [Good Sportsmanship for the Race](#) (Indoor; 2 of 5 Energy; 1 of 5 Supplies; 1 of 5 Prep Time)
- 4. With your Lion adult partner, participate in a Pinewood Derby or a Raingutter Regatta.**
  - [Pinewood Derby Race](#) (Indoor; 5 of 5 Energy; 5 of 5 Supplies; 5 of 5 Prep Time)
  - [Raingutter Regatta](#) (Indoor; 5 of 5 Energy; 5 of 5 Supplies; 5 of 5 Prep Time)